

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Alanine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 18, 2016 05:46 EDT

NDB_No	Description	Alanine(g) Value Per
19177	Gelatins, dry powder, unsweetened	8,01
19041	Snacks, pork skins, plain	5,81
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	5,79
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	5,79
19408	Snacks, pork skins, barbecue-flavor	5,47
01136	Egg, white, dried, powder, stabilized, glucose reduced	5,31
01258	Egg, white, dried, stabilized, glucose reduced	5,13
01135	Egg, white, dried, flakes, stabilized, glucose reduced	4,96
01173	Egg, white, dried	4,68
11667	Seaweed, spirulina, dried	4,52
35009	Whale, beluga, meat, dried (Alaska Native)	4,27
15018	Fish, cod, Atlantic, dried and salted	3,80
16122	Soy protein isolate	3,59
16422	Soy protein isolate, potassium type	3,59
15178	Mollusks, whelk, unspecified, cooked, moist heat	3,11
01134	Egg, whole, dried, stabilized, glucose reduced	2,81
01133	Egg, whole, dried	2,71
16121	Soy protein concentrate, produced by alcohol extraction	2,68
16420	Soy protein concentrate, produced by acid wash	2,68
12033	Seeds, sesame flour, low-fat	2,62
14067	Beverages, Protein powder soy based	2,43
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	2,37
12041	Seeds, sunflower seed flour, partially defatted	2,36
18375	Leavening agents, yeast, baker's, active dry	2,32
12008	Seeds, cottonseed flour, low fat (glandless)	2,31
10860	Pork, cured, bacon, cooked, baked	2,29
12011	Seeds, cottonseed meal, partially defatted (glandless)	2,28
13345	Beef, cured, breakfast strips, cooked	2,25
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	2,25

NDB_No	Description	Alanine(g) Value Per
10861	Pork, cured, bacon, cooked, microwaved	2,24
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	2,22
16117	Soy flour, defatted	2,22
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,21
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,20
17100	Veal, leg (top round), separable lean only, cooked, braised	2,18
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	2,18
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	2,18
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,18
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,17
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2,17
17095	Veal, leg (top round), separable lean and fat, cooked, braised	2,15
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2,15
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,15
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2,14
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2,14
17126	Veal, shoulder, arm, separable lean only, cooked, braised	2,12
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	2,12
16119	Soy meal, defatted, raw	2,12
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,11
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	2,11
12032	Seeds, sesame flour, partially defatted	2,11
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2,11
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,10
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,10
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,10
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,09
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	2,09
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,09
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,09
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2,09
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2,09
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	2,08
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	2,08
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2,08
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,08

NDB_No	Description	Alanine(g) Value Per
16099	Peanut flour, defatted	2,08
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2,07
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	2,07
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2,07
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	2,06
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	2,06
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2,06
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	2,06
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,05
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,05
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	2,05
17114	Veal, rib, separable lean only, cooked, braised	2,05
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,04
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2,04
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2,04
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	2,03
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,03
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2,03
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	2,03
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	2,03
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	2,03
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,03
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2,03
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2,02
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2,02
17138	Veal, sirloin, separable lean only, cooked, braised	2,02
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,02
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2,02
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	2,01
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	2,01
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	2,01
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	2,01
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2,01
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,01
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	2,00

NDB_No	Description	Alanine(g) Value Per
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2,00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	2,00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2,00
17108	Veal, loin, separable lean only, cooked, braised	2,00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2,00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,99
17181	Game meat, rabbit, wild, cooked, stewed	1,99
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,99
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	1,99
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,99
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,98
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,98
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,97
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	1,97
05663	Ground turkey, fat free, pan-broiled crumbles	1,97
16128	Tofu, dried-frozen (koyadofu)	1,96
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1,96
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	1,96
35141	Mutton, cooked, roasted (Navajo)	1,96
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1,96
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	1,96
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,96
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,96
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,96
13348	Beef, cured, corned beef, canned	1,95
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,95
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	1,95
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,95
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,95
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,95
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,94
13334	Beef, variety meats and by-products, spleen, cooked, braised	1,94
17132	Veal, shoulder, blade, separable lean only, cooked, braised	1,94
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,94
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,94
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,94

NDB_No	Description	Alanine(g) Value Per
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,93
17111	Veal, rib, separable lean and fat, cooked, braised	1,93
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,93
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,93
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,92
36608	CRACKER BARREL, grilled sirloin steak	1,92
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,92
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,92
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	1,92
16108	Soybeans, mature seeds, raw	1,92
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,91
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,91
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	1,91
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,91
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	1,91
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,90
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,90
12007	Seeds, cottonseed flour, partially defatted (glandless)	1,90
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,90
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,90
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,90
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	1,90
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	1,90
17167	Game meat, elk, cooked, roasted	1,90
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,90
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,89
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,89
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,89
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	1,89
15106	Fish, sturgeon, mixed species, smoked	1,89
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	1,89
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,89
17165	Game meat, deer, cooked, roasted	1,88
05647	Ostrich, inside strip, cooked	1,88
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	1,88
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,88

NDB_No	Description	Alanine(g) Value Per
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	1,88
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	1,88
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,88
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,88
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	1,87
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	1,87
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,87
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	1,87
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,87
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	1,87
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1,87
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,87
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	1,87
16111	Soybeans, mature seeds, dry roasted	1,86
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	1,86
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,86
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,86
05645	Ostrich, inside leg, cooked	1,86
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,86
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	1,86
17135	Veal, sirloin, separable lean and fat, cooked, braised	1,86
08084	Cereals ready-to-eat, wheat germ, toasted, plain	1,86
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1,86
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,86
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,86
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,86
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,86
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,86
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,85
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	1,85
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,85
05652	Ostrich, oyster, cooked	1,85
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,85
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,85
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,84
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	1,84

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13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,84
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,84
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,84
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,84
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,84
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,84
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,84
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,84
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,84
05149	Goose, domesticated, meat only, cooked, roasted	1,84
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,83
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	1,83
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,83
05650	Ostrich, outside strip, cooked	1,83
15207	Fish, roe, mixed species, cooked, dry heat	1,83
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	1,83
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,83
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,83
05656	Ostrich, tip trimmed, cooked	1,83
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	1,83
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,83
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	1,83
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	1,82
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,82
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1,82
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	1,82
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	1,82
05713	Turkey, retail parts, wing, meat only, cooked, roasted	1,82
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	1,82
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,82
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,82
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,82
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,82
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	1,82
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,82
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,81

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23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,81
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,81
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	1,81
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,81
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	1,81
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	1,81
17194	Veal, variety meats and by-products, heart, cooked, braised	1,81
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	1,81
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,81
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,81
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,81
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,81
05664	Ground turkey, fat free, patties, broiled	1,80
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,80
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	1,80
05658	Ostrich, top loin, cooked	1,80
15230	Mollusks, octopus, common, cooked, moist heat	1,80
05130	Chicken, stewing, light meat, meat only, cooked, stewed	1,80
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,80
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,80
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,80
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	1,80
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,80
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,80
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	1,80
17105	Veal, loin, separable lean and fat, cooked, braised	1,80
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,80
15225	Fish, yellowtail, mixed species, cooked, dry heat	1,79
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,79
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,79
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1,79
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	1,79
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,79
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1,79
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	1,79
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,79

NDB_No	Description	Alanine(g) Value Per
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,79
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,79
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,79
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,79
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,79
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,79
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,79
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,79
36013	Restaurant, family style, sirloin steak	1,78
17203	Veal, variety meats and by-products, liver, cooked, braised	1,78
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,78
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	1,78
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,78
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	1,78
05711	Turkey, retail parts, breast, meat only, cooked, roasted	1,78
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	1,78
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,78
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	1,78
02029	Spices, parsley, dried	1,78
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,78
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,78
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,78
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	1,78
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	1,78
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,78
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	1,78
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,77
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,77
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	1,77
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,77
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,77
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1,77
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	1,77
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,77
17427	Veal, loin, chop, separable lean only, cooked, grilled	1,77
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,77

NDB_No	Description	Alanine(g) Value Per
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,77
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	1,77
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,77
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,77
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	1,77
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,77
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	1,76
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,76
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,76
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,76
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,76
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,76
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,76
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	1,76
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	1,76
15119	Fish, tuna, light, canned in oil, drained solids	1,76
15183	Fish, tuna, light, canned in oil, without salt, drained solids	1,76
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,76
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,76
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,76
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,76
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	1,76
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,76
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,76
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,76
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	1,76
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,76
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,76
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	1,76
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,76
16106	Meat extender	1,76
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	1,75
01137	Egg, yolk, dried	1,75
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,75
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	1,75
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	1,75

NDB_No	Description	Alanine(g) Value Per
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	1,75
13350	Beef, cured, dried	1,75
15002	Fish, anchovy, european, canned in oil, drained solids	1,75
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,75
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	1,74
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	1,74
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	1,74
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	1,74
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,74
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	1,74
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	1,74
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,74
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,74
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	1,74
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	1,74
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	1,73
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	1,73
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	1,73
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	1,73
17340	Game meat, elk, loin, separable lean only, cooked, broiled	1,73
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,73
05190	Turkey, all classes, back, meat and skin, cooked, roasted	1,73
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,73
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	1,73
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,73
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	1,73
01210	Egg Mix, USDA Commodity	1,73
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	1,73
17341	Game meat, elk, round, separable lean only, cooked, broiled	1,73
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	1,72
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,72
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	1,72
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,72
36615	DENNY'S, top sirloin steak	1,72
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,72
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	1,72

NDB_No	Description	Alanine(g) Value Per
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	1,72
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	1,72
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	1,72
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	1,72
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	1,72
17145	Game meat, antelope, cooked, roasted	1,72
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	1,72
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,72
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1,71
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,71
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,71
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,71
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,71
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,71
17215	Lamb, variety meats and by-products, spleen, cooked, braised	1,71
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	1,71
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,71
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,71
05306	Ground turkey, cooked	1,71
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	1,71
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	1,71
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,71
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,70
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,70
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,70
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,70
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,70
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,70
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,70
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,70
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	1,70
12022	Seeds, safflower seed meal, partially defatted	1,70
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,70
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,70
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,70
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,70

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10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	1,70
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	1,70
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	1,70
15264	Salmon, sockeye, canned, drained solids, without skin and bones	1,70
17148	Bison, ground, grass-fed, cooked	1,70
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,70
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,70
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,69
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,69
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	1,69
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	1,69
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,69
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1,69
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,69
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	1,69
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,69
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,69
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	1,69
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	1,69
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,69
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	1,69
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1,69
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,69
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	1,69
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	1,69
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1,69
17173	Game meat, moose, cooked, roasted	1,69
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,68
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,68
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,68
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,68
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	1,68
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,68
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	1,68
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,68
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	1,68

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05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	1,68
05642	Ostrich, ground, cooked, pan-broiled	1,68
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	1,68
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	1,68
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,68
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,68
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,68
17159	Game meat, boar, wild, cooked, roasted	1,68
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,68
05136	Chicken, capons, meat and skin, cooked, roasted	1,67
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,67
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,67
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,67
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,67
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	1,67
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1,67
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	1,67
17103	Veal, leg (top round), separable lean only, cooked, roasted	1,67
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,67
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	1,67
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	1,67
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,67
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	1,67
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,67
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,67
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,67
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,67
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,67
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,67
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,67
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	1,67
05026	Chicken, heart, all classes, cooked, simmered	1,66
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	1,66
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	1,66
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	1,66
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,66

NDB_No	Description	Alanine(g) Value Per
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,66
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,66
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,66
05012	Chicken, broilers or fryers, meat only, cooked, fried	1,66
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	1,66
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	1,66
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	1,66
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	1,66
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	1,66
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,66
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	1,66
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,66
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,66
05126	Chicken, stewing, meat only, cooked, stewed	1,66
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,66
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	1,66
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,66
16110	Soybeans, mature seeds, roasted, salted	1,66
16410	Soybeans, mature seeds, roasted, no salt added	1,66
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,66
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,66
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	1,66
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,66
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,66
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,66
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	1,66
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,66
15082	Fish, salmon, coho, wild, cooked, moist heat	1,66
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,66
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,66
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,66
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,66
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	1,65
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	1,65
15012	Fish, caviar, black and red, granular	1,65
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,65

NDB_No	Description	Alanine(g) Value Per
05018	Chicken, broilers or fryers, skin only, cooked, roasted	1,65
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	1,65
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,65
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,65
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,65
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	1,65
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	1,65
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	1,65
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	1,65
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,65
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	1,65
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,65
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,65
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,65
15086	Fish, salmon, sockeye, cooked, dry heat	1,65
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,65
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	1,65
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,65
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	1,65
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	1,65
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,65
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,65
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,65
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	1,65
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	1,65
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	1,65
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	1,64
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,64
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	1,64
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	1,64
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	1,64
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,64
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	1,64
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	1,64
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,64
16116	Soy flour, full-fat, roasted	1,64

NDB_No	Description	Alanine(g) Value Per
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	1,64
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	1,64
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	1,64
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,64
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,64
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,64
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	1,63
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,63
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	1,63
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	1,63
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	1,63
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	1,63
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	1,63
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	1,63
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	1,63
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,63
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,63
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	1,63
05186	Turkey, all classes, light meat, cooked, roasted	1,63
05228	Turkey, wing, from whole bird, meat only, roasted	1,63
05739	Turkey, drumstick, from whole bird, meat only, roasted	1,63
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,63
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,63
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	1,63
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	1,63
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	1,63
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	1,63
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,63
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	1,63
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,63
13326	Beef, variety meats and by-products, liver, cooked, braised	1,63
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,63
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,63
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,63
16115	Soy flour, full-fat, raw	1,63
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,63

NDB_No	Description	Alanine(g) Value Per
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	1,63
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,63
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	1,62
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	1,62
05170	Turkey, skin from whole (light and dark), roasted	1,62
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,62
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,62
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	1,62
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,62
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	1,62
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,62
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,62
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,62
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	1,62
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	1,62
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,62
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	1,62
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	1,62
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	1,62
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,62
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	1,62
17151	Game meat, beaver, cooked, roasted	1,62
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,62
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	1,62
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,62
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,62
17171	Game meat, horse, cooked, roasted	1,62
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	1,62
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	1,62
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,62
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,62
17157	Game meat, bison, separable lean only, cooked, roasted	1,62
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,62
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,61
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	1,61
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	1,61

NDB_No	Description	Alanine(g) Value Per
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,61
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,61
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	1,61
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,61
15219	Fish, trout, mixed species, cooked, dry heat	1,61
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,61
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1,61
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	1,61
12170	Seeds, sesame flour, high-fat	1,61
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	1,61
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	1,61
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	1,61
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,61
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	1,61
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,61
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,61
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,61
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,61
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,61
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,61
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,61
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	1,61
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	1,61
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	1,60
15124	Fish, tuna, white, canned in oil, drained solids	1,60
15185	Fish, tuna, white, canned in oil, without salt, drained solids	1,60
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	1,60
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	1,60
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	1,60
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,60
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	1,60
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	1,60
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	1,60
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	1,60

NDB_No	Description	Alanine(g) Value Per
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,60
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	1,60
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	1,60
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	1,60
10998	Canadian bacon, cooked, pan-fried	1,60
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	1,60
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	1,60
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1,60
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,60
07013	Bratwurst, pork, cooked	1,59
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	1,59
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	1,59
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,59
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,59
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	1,59
36000	APPLEBEE'S, 9 oz house sirloin steak	1,59
17163	Game meat, caribou, cooked, roasted	1,59
15202	Fish, milkfish, cooked, dry heat	1,59
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	1,59
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	1,59
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,59
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,59
15102	Fish, snapper, mixed species, cooked, dry heat	1,59
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	1,59
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	1,59
17175	Game meat, muskrat, cooked, roasted	1,59
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,59
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,59
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,59
05021	Chicken, broilers or fryers, giblets, cooked, fried	1,59
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	1,59
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	1,58
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	1,58
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,58

NDB_No	Description	Alanine(g) Value Per
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,58
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,58
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,58
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,58
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	1,58
17331	Game meat, bison, ground, cooked, pan-broiled	1,58
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	1,58
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	1,58
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	1,58
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,58
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	1,58
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,58
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	1,58
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	1,58
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	1,58
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,58
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,58
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,58
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,58
05013	Chicken, broilers or fryers, meat only, roasted	1,58
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,58
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1,58
05166	Turkey, whole, meat and skin, cooked, roasted	1,58
07020	Corned beef loaf, jellied	1,58
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,58
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,58
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	1,58
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1,58
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	1,58
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	1,57
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,57
15098	Fish, sheepshead, cooked, dry heat	1,57
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,57
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,57
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	1,57
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,57

NDB_No	Description	Alanine(g) Value Per
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	1,57
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,57
15200	Fish, mackerel, king, cooked, dry heat	1,57
05168	Turkey, whole, meat only, cooked, roasted	1,57
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	1,57
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,57
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	1,57
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	1,57
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,57
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,57
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,57
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,57
15212	Fish, salmon, pink, cooked, dry heat	1,57
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,57
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,57
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,57
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	1,57
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	1,57
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,57
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	1,57
10898	Pork, pickled pork hocks	1,57
17139	Veal, sirloin, separable lean only, cooked, roasted	1,57
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	1,57
17109	Veal, loin, separable lean only, cooked, roasted	1,56
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,56
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	1,56
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	1,56
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,56
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,56
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,56
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	1,56
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,56
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,56
15211	Fish, salmon, chum, cooked, dry heat	1,56
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	1,56
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1,56

NDB_No	Description	Alanine(g) Value Per
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	1,56
07019	Chorizo, pork and beef	1,56
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	1,56
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	1,56
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,56
05124	Chicken, stewing, meat and skin, cooked, stewed	1,56
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	1,56
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,56
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	1,56
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	1,56
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,56
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	1,56
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,56
15177	Mollusks, whelk, unspecified, raw	1,56
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	1,56
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	1,56
15210	Fish, salmon, chinook, cooked, dry heat	1,56
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	1,56
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,56
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	1,55
15189	Fish, bluefish, cooked, dry heat	1,55
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	1,55
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	1,55
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	1,55
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	1,55
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	1,55
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	1,55
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,55
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	1,55
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	1,55
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	1,55
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	1,55
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,55
05147	Goose, domesticated, meat and skin, cooked, roasted	1,55
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,55
23220	Beef, ground, unspecified fat content, cooked	1,55

NDB_No	Description	Alanine(g) Value Per
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	1,55
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,55
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,55
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	1,55
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	1,55
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	1,55
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	1,55
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	1,55
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,55
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	1,55
15159	Mollusks, clam, mixed species, cooked, moist heat	1,54
05236	Turkey, young hen, skin only, cooked, roasted	1,54
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	1,54
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	1,54
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	1,54
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	1,54
15184	Fish, tuna, light, canned in water, without salt, drained solids	1,54
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	1,54
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	1,54
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,54
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,54
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	1,54
17344	Game meat, deer, ground, cooked, pan-broiled	1,54
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,54
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,54
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,54
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	1,54
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	1,54
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,54
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	1,54
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,54
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	1,54
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	1,54
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1,54
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	1,54
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,54

NDB_No	Description	Alanine(g) Value Per
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,54
17424	Veal, ground, cooked, pan-fried	1,54
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	1,54
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	1,54
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	1,54
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	1,53
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	1,53
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,53
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	1,53
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,53
17200	Lamb, variety meats and by-products, liver, cooked, braised	1,53
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	1,53
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,53
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,53
17115	Veal, rib, separable lean only, cooked, roasted	1,53
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1,53
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	1,53
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	1,53
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	1,53
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,53
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,53
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	1,53
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,53
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	1,53
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	1,53
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1,53
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	1,53
12012	Seeds, hemp seed, hulled	1,53
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	1,53
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	1,53
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,53
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	1,53
15035	Fish, haddock, smoked	1,53
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	1,52
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	1,52
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	1,52

NDB_No	Description	Alanine(g) Value Per
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,52
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,52
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,52
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,52
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,52
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	1,52
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,52
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	1,52
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	1,52
05646	Ostrich, inside strip, raw	1,52
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	1,52
15087	Fish, salmon, sockeye, canned, drained solids	1,52
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	1,52
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,52
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	1,52
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	1,52
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	1,52
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	1,52
17192	Lamb, variety meats and by-products, heart, cooked, braised	1,52
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1,52
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	1,52
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	1,51
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	1,51
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1,51
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	1,51
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,51
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	1,51
12160	Seeds, cottonseed kernels, roasted (glandless)	1,51
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,51
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	1,51
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	1,51
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	1,51
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	1,51
15205	Fish, pollock, Atlantic, cooked, dry heat	1,51
15241	Fish, trout, rainbow, farmed, cooked, dry heat	1,51
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	1,51

NDB_No	Description	Alanine(g) Value Per
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,51
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1,51
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,51
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	1,50
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	1,50
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	1,50
05284	Turkey, canned, meat only, with broth	1,50
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1,50
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	1,50
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	1,50
15032	Fish, grouper, mixed species, cooked, dry heat	1,50
15061	Fish, perch, mixed species, cooked, dry heat	1,50
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
05336	USDA Commodity Chicken, canned, meat only, drained	1,50
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,50
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,50
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1,50
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,50
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,50
15056	Fish, mullet, striped, cooked, dry heat	1,50
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,50
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,50
05649	Ostrich, outside strip, raw	1,50
05188	Turkey, from whole, dark meat, cooked, roasted	1,50
05216	Turkey, back, from whole bird, meat only, roasted	1,50
05741	Turkey, thigh, from whole bird, meat only, roasted	1,50
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,50
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	1,50
10220	Pork, fresh, ground, cooked	1,50
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	1,50
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,50
15190	Fish, burbot, cooked, dry heat	1,50
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,50
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	1,50
17136	Veal, sirloin, separable lean and fat, cooked, roasted	1,50
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	1,49

NDB_No	Description	Alanine(g) Value Per
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1,49
15063	Fish, pike, northern, cooked, dry heat	1,49
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,49
12174	Seeds, watermelon seed kernels, dried	1,49
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,49
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	1,49
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	1,49
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,49
15262	Fish, tilapia, cooked, dry heat	1,49
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1,49
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	1,49
05014	Chicken, broilers or fryers, meat only, stewed	1,49
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	1,49
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	1,49
17225	Lamb, ground, cooked, broiled	1,49
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,49
05142	Duck, domesticated, meat only, cooked, roasted	1,49
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	1,49
15042	Fish, herring, Atlantic, kippered	1,49
17339	Game meat, elk, ground, cooked, pan-broiled	1,49
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,49
05178	Turkey, liver, all classes, cooked, simmered	1,49
12014	Seeds, pumpkin and squash seed kernels, dried	1,48
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	1,48
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	1,48
15204	Fish, pike, walleye, cooked, dry heat	1,48
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1,48
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	1,48
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	1,48
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	1,48
15113	Fish, tilefish, cooked, dry heat	1,48
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,48
05118	Chicken, roasting, light meat, meat only, cooked, roasted	1,48
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	1,48
07921	Bacon and beef sticks	1,48
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	1,48

NDB_No	Description	Alanine(g) Value Per
15223	Fish, whitefish, mixed species, cooked, dry heat	1,48
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	1,48
10153	Pork, cured, ham, whole, separable lean only, roasted	1,48
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	1,48
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	1,48
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,48
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,48
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,48
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	1,48
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,48
20078	Wheat germ, crude	1,48
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	1,48
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,48
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	1,48
17106	Veal, loin, separable lean and fat, cooked, roasted	1,48
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	1,48
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	1,48
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	1,48
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,48
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	1,47
05661	Chicken, liver, all classes, cooked, pan-fried	1,47
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	1,47
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	1,47
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	1,47
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	1,47
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,47
15193	Fish, cusk, cooked, dry heat	1,47
15198	Fish, ling, cooked, dry heat	1,47
15260	Fish, salmon, pink, canned, drained solids	1,47
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,47
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	1,47
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,47
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,47
05155	Pheasant, breast, meat only, raw	1,47
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	1,47
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	1,47

NDB_No	Description	Alanine(g) Value Per
15239	Fish, salmon, coho, farmed, cooked, dry heat	1,47
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1,47
19407	Snacks, beef sticks, smoked	1,47
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,47
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1,47
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	1,47
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,47
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,47
05648	Ostrich, outside leg, raw	1,47
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	1,47
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	1,47
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,47
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,47
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	1,46
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,46
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	1,46
15213	Fish, scup, cooked, dry heat	1,46
15160	Mollusks, clam, mixed species, canned, drained solids	1,46
05662	Ground turkey, fat free, raw	1,46
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	1,46
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,46
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,46
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	1,46
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	1,46
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,46
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	1,46
05220	Turkey, breast, from whole bird, meat only, roasted	1,46
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	1,46
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	1,46
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	1,46
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	1,46
17184	Game meat, squirrel, cooked, roasted	1,46
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	1,46
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	1,46
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,46
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,46

NDB_No	Description	Alanine(g) Value Per
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,46
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,46
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,46
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,46
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1,45
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,45
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,45
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	1,45
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,45
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	1,45
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	1,45
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	1,45
17143	Veal, ground, cooked, broiled	1,45
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,45
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,45
05707	Turkey, whole, meat and skin, with added solution, roasted	1,45
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	1,45
17223	Veal, variety meats and by-products, tongue, cooked, braised	1,44
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,44
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,44
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,44
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,44
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,44
15047	Fish, mackerel, Atlantic, cooked, dry heat	1,44
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,44
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	1,44
05148	Goose, domesticated, meat only, raw	1,44
17166	Game meat, elk, raw	1,44
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	1,44
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,44
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	1,44
15165	Mollusks, mussel, blue, cooked, moist heat	1,44
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	1,44
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,44
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	1,44
05705	Turkey, whole, meat only, with added solution, roasted	1,44

NDB_No	Description	Alanine(g) Value Per
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	1,44
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,44
05644	Ostrich, inside leg, raw	1,44
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	1,44
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	1,44
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	1,44
15216	Fish, spot, cooked, dry heat	1,44
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,44
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1,44
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	1,43
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	1,43
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	1,43
15194	Fish, mahimahi, cooked, dry heat	1,43
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,43
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	1,43
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1,43
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	1,43
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	1,43
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	1,43
15069	Fish, pompano, florida, cooked, dry heat	1,43
17164	Game meat, deer, raw	1,43
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	1,43
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	1,43
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	1,43
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	1,43
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,43
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,43
15026	Fish, eel, mixed species, cooked, dry heat	1,43
15092	Fish, sea bass, mixed species, cooked, dry heat	1,43
15111	Fish, swordfish, cooked, dry heat	1,43
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	1,43
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,43
15072	Fish, roe, mixed species, raw	1,43
15126	Fish, tuna, white, canned in water, drained solids	1,43
15186	Fish, tuna, white, canned in water, without salt, drained solids	1,43
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,43

NDB_No	Description	Alanine(g) Value Per
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	1,43
15052	Fish, mackerel, spanish, cooked, dry heat	1,43
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	1,42
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	1,42
17112	Veal, rib, separable lean and fat, cooked, roasted	1,42
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,42
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	1,42
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,42
05154	Pheasant, raw, meat only	1,42
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	1,42
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,42
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1,42
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	1,42
15133	Fish, whiting, mixed species, cooked, dry heat	1,42
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,42
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	1,42
07074	Smoked link sausage, pork	1,42
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,42
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	1,42
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	1,42
15247	Fish, salmon, coho, wild, cooked, dry heat	1,42
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	1,42
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,42
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,42
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	1,42
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	1,42
13333	Beef, variety meats and by-products, spleen, raw	1,42
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,42
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	1,42
05654	Ostrich, tenderloin, raw	1,42
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,42
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	1,42
15131	Fish, whitefish, mixed species, smoked	1,42
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	1,41
15127	Fish, tuna, fresh, yellowfin, raw	1,41
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,41

NDB_No	Description	Alanine(g) Value Per
05653	Ostrich, round, raw	1,41
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	1,41
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	1,41
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	1,41
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	1,41
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,41
15117	Fish, tuna, fresh, bluefin, raw	1,41
05153	Pheasant, raw, meat and skin	1,41
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	1,41
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	1,41
05710	Turkey, retail parts, breast, meat only, raw	1,41
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	1,41
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,41
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,40
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,40
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,40
05112	Chicken, roasting, meat and skin, cooked, roasted	1,40
15048	Fish, mackerel, jack, canned, drained solids	1,40
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	1,40
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,40
05655	Ostrich, tip trimmed, raw	1,40
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	1,40
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	1,40
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	1,40
15034	Fish, haddock, cooked, dry heat	1,40
15135	Fish, yellowtail, mixed species, raw	1,40
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,40
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	1,40
05643	Ostrich, fan, raw	1,40
05028	Chicken, liver, all classes, cooked, simmered	1,40
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	1,40
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	1,40
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	1,40
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,40
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	1,40
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	1,40

NDB_No	Description	Alanine(g) Value Per
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1,39
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	1,39
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	1,39
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	1,39
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,39
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,39
15040	Fish, herring, Atlantic, cooked, dry heat	1,39
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,39
05159	Quail, breast, meat only, raw	1,39
05191	Turkey, all classes, breast, meat and skin, raw	1,39
17198	Veal, variety meats and by-products, kidneys, cooked, braised	1,39
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1,39
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	1,39
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,39
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	1,39
05657	Ostrich, top loin, raw	1,39
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1,39
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	1,39
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1,39
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,39
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	1,39
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	1,39
13332	Beef, variety meats and by-products, pancreas, cooked, braised	1,39
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,39
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1,39
15116	Fish, trout, rainbow, wild, cooked, dry heat	1,39
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,39
15085	Fish, salmon, sockeye, raw	1,39
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	1,39
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	1,39
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,38
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,38
05651	Ostrich, oyster, raw	1,38
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	1,38
15009	Fish, carp, cooked, dry heat	1,38
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	1,38

NDB_No	Description	Alanine(g) Value Per
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	1,38
15016	Fish, cod, Atlantic, cooked, dry heat	1,38
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,38
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1,38
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	1,38
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	1,38
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,38
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,38
05151	Guinea hen, meat and skin, raw	1,38
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	1,38
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	1,38
23477	Beef, ground, 97% lean meat / 3% fat, raw	1,38
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	1,38
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	1,38
15017	Fish, cod, Atlantic, canned, solids and liquid	1,38
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1,38
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,38
15188	Fish, bass, striped, cooked, dry heat	1,38
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,37
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,37
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,37
12084	Nuts, butternuts, dried	1,37
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1,37
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,37
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,37
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1,37
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,37
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	1,37
05176	Turkey, heart, all classes, cooked, simmered	1,37
15199	Fish, lingcod, cooked, dry heat	1,37
15100	Fish, smelt, rainbow, cooked, dry heat	1,37
05114	Chicken, roasting, meat only, cooked, roasted	1,36
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,36
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	1,36
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1,36
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	1,36

NDB_No	Description	Alanine(g) Value Per
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,36
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	1,36
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	1,36
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	1,36
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	1,36
15195	Fish, drum, freshwater, cooked, dry heat	1,36
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,36
36606	CRACKER BARREL, farm raised catfish platter	1,36
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	1,36
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,36
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	1,36
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,36
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,36
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,36
15224	Fish, wolffish, Atlantic, cooked, dry heat	1,36
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	1,36
05712	Turkey, retail parts, wing, meat only, raw	1,36
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,36
17202	Veal, variety meats and by-products, liver, raw	1,36
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,36
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,36
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,36
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,35
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	1,35
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,35
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	1,35
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	1,35
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,35
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	1,35
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,35
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,35
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,35
17149	Bison, ground, grass-fed, raw	1,35
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,35
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	1,35
05172	Turkey, whole, giblets, cooked, simmered	1,35

NDB_No	Description	Alanine(g) Value Per
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,35
07958	Turkey sausage, fresh, cooked	1,35
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	1,35
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	1,35
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,35
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	1,35
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,34
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	1,34
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,34
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,34
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,34
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,34
16100	Peanut flour, low fat	1,34
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,34
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,34
23557	Beef, ground, 95% lean meat / 5% fat, raw	1,34
05158	Quail, meat only, raw	1,34
05162	Squab, (pigeon), light meat without skin, raw	1,34
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,34
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	1,34
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,34
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	1,34
15191	Fish, butterfish, cooked, dry heat	1,34
15227	Crustaceans, crab, queen, cooked, moist heat	1,34
05138	Chicken, capons, giblets, cooked, simmered	1,34
05156	Pheasant, leg, meat only, raw	1,34
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1,34
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,34
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	1,34
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	1,34
07071	Salami, dry or hard, pork	1,34
07926	Salami, Italian, pork	1,34
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	1,34
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	1,34
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,34
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	1,33

NDB_No	Description	Alanine(g) Value Per
05732	Turkey, retail parts, breast, meat and skin, raw	1,33
13358	Beef, cured, smoked, chopped beef	1,33
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,33
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	1,33
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,33
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	1,33
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	1,33
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	1,33
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,33
15123	Fish, tuna, fresh, skipjack, raw	1,33
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	1,33
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	1,33
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	1,33
15253	Salmon, sockeye, canned, total can contents	1,33
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,33
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	1,33
05195	Turkey, all classes, wing, meat and skin, raw	1,32
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	1,32
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,32
05333	Chicken, ground, crumbles, cooked, pan-browned	1,32
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	1,32
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1,32
08580	Incaparina, dry mix (corn and soy flours), unprepared	1,32
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	1,32
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	1,32
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,32
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,32
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	1,32
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	1,32
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,32
10152	Pork, cured, ham, whole, separable lean only, unheated	1,32
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	1,32
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	1,32
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	1,32
17180	Game meat, rabbit, wild, raw	1,32
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,32

NDB_No	Description	Alanine(g) Value Per
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	1,31
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	1,31
15215	Fish, shad, american, cooked, dry heat	1,31
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	1,31
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	1,31
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,31
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,31
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	1,31
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	1,31
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	1,31
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	1,31
05627	Emu, full rump, cooked, broiled	1,31
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	1,31
15083	Fish, salmon, pink, raw	1,31
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	1,31
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,31
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1,31
13353	Beef, cured, luncheon meat, jellied	1,31
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,31
15081	Fish, salmon, coho, wild, raw	1,31
23472	Beef, ground, 93% lean meat / 7% fat, raw	1,31
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	1,31
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	1,31
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1,31
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	1,31
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,31
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	1,30
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1,30
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	1,30
17144	Game meat, antelope, raw	1,30
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	1,30
13355	Beef, cured, pastrami	1,30
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	1,30
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,30
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,30

NDB_No	Description	Alanine(g) Value Per
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	1,30
05140	Duck, domesticated, meat and skin, cooked, roasted	1,30
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,30
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,30
15217	Fish, sucker, white, cooked, dry heat	1,30
17107	Veal, loin, separable lean only, raw	1,30
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	1,30
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	1,30
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	1,30
15214	Fish, seatrout, mixed species, cooked, dry heat	1,30
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	1,30
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	1,30
05641	Ostrich, ground, raw	1,30
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	1,30
15080	Fish, salmon, chum, canned, drained solids with bone	1,30
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	1,30
16076	Lupins, mature seeds, raw	1,30
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	1,30
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1,30
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	1,30
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	1,29
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	1,29
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	1,29
17000	Veal, Australian, rib, rib roast, separable lean only, raw	1,29
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,29
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	1,29
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	1,29
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,29
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,29
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,29
15206	Fish, pout, ocean, cooked, dry heat	1,29
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	1,29
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	1,29
15238	Fish, salmon, coho, farmed, raw	1,29
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,29
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	1,29

NDB_No	Description	Alanine(g) Value Per
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	1,28
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	1,28
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	1,28
20647	Millet flour	1,28
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	1,28
17172	Game meat, moose, raw	1,28
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	1,28
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	1,28
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	1,28
05116	Chicken, roasting, giblets, cooked, simmered	1,28
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,28
05185	Turkey from whole, light meat, raw	1,28
05219	Turkey, breast, from whole bird, meat only, raw	1,28
05227	Turkey, wing, from whole bird, meat only, raw	1,28
05738	Turkey, drumstick, from whole bird, meat only, raw	1,28
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	1,28
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	1,28
10174	Pork, fresh, variety meats and by-products, tail, raw	1,28
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	1,28
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	1,28
10110	Pork, fresh, variety meats and by-products, liver, raw	1,28
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	1,28
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	1,28
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,28
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,28
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,27
17158	Game meat, boar, wild, raw	1,27
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	1,27
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,27
05310	Chicken, cornish game hens, meat only, cooked, roasted	1,27
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	1,27
15197	Fish, herring, Pacific, cooked, dry heat	1,27
15236	Fish, salmon, Atlantic, farmed, raw	1,27
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	1,27
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	1,27
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	1,27

NDB_No	Description	Alanine(g) Value Per
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,27
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	1,27
15095	Fish, shark, mixed species, raw	1,27
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	1,27
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	1,27
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	1,27
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,27
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,27
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	1,27
05039	Chicken, broilers or fryers, light meat, meat only, raw	1,27
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	1,27
17099	Veal, leg (top round), separable lean only, raw	1,27
23094	Beef, chuck for stew, separable lean and fat, select, raw	1,27
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1,27
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	1,27
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	1,26
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	1,26
15232	Fish, roughy, orange, cooked, dry heat	1,26
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	1,26
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,26
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	1,26
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1,26
25025	Snacks, soy chips or crisps, salted	1,26
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	1,26
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	1,26
15240	Fish, trout, rainbow, farmed, raw	1,26
17343	Game meat, deer, ground, raw	1,26
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	1,26
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	1,26
15226	Crustaceans, crab, dungeness, cooked, moist heat	1,26
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,26
05129	Chicken, stewing, light meat, meat only, raw	1,26
05157	Quail, meat and skin, raw	1,26
13329	Beef, variety meats and by-products, lungs, cooked, braised	1,26
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	1,26
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	1,26

NDB_No	Description	Alanine(g) Value Per
05629	Emu, inside drums, cooked, broiled	1,26
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,26
15036	Fish, halibut, Atlantic and Pacific, raw	1,26
05145	Duck, wild, breast, meat only, raw	1,26
05277	Chicken, canned, meat only, with broth	1,26
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	1,26
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,26
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,26
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,26
07956	Beef sausage, fresh, cooked	1,26
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	1,26
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,26
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,26
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	1,26
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	1,26
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	1,26
15114	Fish, trout, mixed species, raw	1,26
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	1,26
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	1,26
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,26
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,26
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	1,26
15084	Fish, salmon, pink, canned, total can contents	1,26
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	1,26
13166	USDA Commodity, beef, canned	1,25
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,25
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	1,25
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	1,25
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,25
17206	Lamb, variety meats and by-products, lungs, cooked, braised	1,25
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1,25
23562	Beef, ground, 90% lean meat / 10% fat, raw	1,25
05128	Chicken, stewing, giblets, cooked, simmered	1,25
15105	Fish, sturgeon, mixed species, cooked, dry heat	1,25
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,25
23095	Beef, chuck for stew, separable lean and fat, choice, raw	1,25

NDB_No	Description	Alanine(g) Value Per
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	1,25
13023	Beef, brisket, whole, separable lean only, all grades, raw	1,25
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	1,25
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	1,25
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1,25
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	1,25
10024	Pork, fresh, loin, whole, separable lean only, raw	1,25
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	1,25
17094	Veal, leg (top round), separable lean and fat, raw	1,25
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	1,25
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1,25
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	1,25
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	1,25
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,25
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	1,25
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	1,25
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,24
15222	Fish, turbot, european, cooked, dry heat	1,24
05717	Turkey, retail parts, thigh, meat only, raw	1,24
10973	Pork, ground, 96% lean / 4% fat, raw	1,24
17330	Game meat , bison, ground, raw	1,24
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	1,24
07925	Pastrami, beef, 98% fat-free	1,24
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	1,24
15053	Fish, milkfish, raw	1,24
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,24
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	1,24
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	1,24
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	1,24
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	1,24
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,24
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	1,24
15101	Fish, snapper, mixed species, raw	1,24
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	1,24
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	1,24
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	1,24

NDB_No	Description	Alanine(g) Value Per
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	1,24
15115	Fish, trout, rainbow, wild, raw	1,24
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,24
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	1,24
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	1,24
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,24
17221	Lamb, variety meats and by-products, tongue, cooked, braised	1,24
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	1,24
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	1,24
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	1,24
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	1,24
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	1,24
05019	Chicken, broilers or fryers, skin only, cooked, stewed	1,24
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	1,24
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,24
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	1,23
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,23
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	1,23
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,23
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	1,23
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	1,23
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1,23
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,23
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	1,23
15001	Fish, anchovy, european, raw	1,23
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1,23
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,23
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,23
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,23
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	1,23
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	1,23
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,23
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1,23
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,23
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	1,23
05193	Turkey, all classes, leg, meat and skin, raw	1,23

NDB_No	Description	Alanine(g) Value Per
07088	Honey roll sausage, beef	1,23
17156	Game meat, bison, separable lean only, raw	1,23
17170	Game meat, horse, raw	1,23
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	1,23
15049	Fish, mackerel, king, raw	1,23
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,23
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	1,23
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1,23
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	1,23
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	1,23
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,23
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,22
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,22
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	1,22
01093	Milk, dry, nonfat, calcium reduced	1,22
05167	Turkey, whole, meat only, raw	1,22
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	1,22
05305	Ground turkey, raw	1,22
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	1,22
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	1,22
15097	Fish, sheephead, raw	1,22
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,22
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	1,22
15261	Fish, tilapia, raw	1,22
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,22
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	1,22
01146	Cheese, parmesan, shredded	1,22
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	1,22
15079	Fish, salmon, chum, raw	1,22
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1,22
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,22
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	1,22
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	1,22
05181	Turkey from whole, light meat, meat and skin, raw	1,22
05624	Emu, fan fillet, cooked, broiled	1,22
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	1,22

NDB_No	Description	Alanine(g) Value Per
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	1,22
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1,22
05180	Turkey from whole, neck, meat only, cooked, simmered	1,22
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	1,22
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,22
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	1,21
15050	Fish, mackerel, Pacific and jack, mixed species, raw	1,21
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	1,21
17338	Game meat, elk, ground, raw	1,21
15078	Fish, salmon, chinook, raw	1,21
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,21
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	1,21
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	1,21
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	1,21
15005	Fish, bluefish, raw	1,21
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	1,21
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	1,21
05117	Chicken, roasting, light meat, meat only, raw	1,21
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	1,21
17162	Game meat, caribou, raw	1,21
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,21
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	1,21
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	1,21
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1,21
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	1,21
17177	Game meat, rabbit, domesticated, composite of cuts, raw	1,21
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1,21
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	1,21
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	1,21
05734	Turkey, retail parts, wing, meat and skin, raw	1,21
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,21
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	1,21
07072	Salami, dry or hard, pork, beef	1,21
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,21
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	1,21
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,21

NDB_No	Description	Alanine(g) Value Per
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,20
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	1,20
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,20
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	1,20
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	1,20
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	1,20
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,20
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	1,20
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	1,20
05337	USDA Commodity, Chicken, canned, meat only, with water	1,20
05338	USDA Commodity, Chicken, canned, meat only, with broth	1,20
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	1,20
17137	Veal, sirloin, separable lean only, raw	1,20
15076	Fish, salmon, Atlantic, wild, raw	1,20
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	1,20
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,20
05105	Chicken, broilers or fryers, wing, meat only, raw	1,20
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	1,20
15110	Fish, swordfish, raw	1,20
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	1,20
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	1,20
05742	Turkey, retail parts, thigh, meat and skin, raw	1,20
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	1,20
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	1,20
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	1,20
05174	Turkey, gizzard, all classes, cooked, simmered	1,20
10185	Pork, cured, ham, extra lean and regular, canned, roasted	1,20
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	1,20
05160	Squab, (pigeon), meat and skin, raw	1,19
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	1,19
17104	Veal, loin, separable lean and fat, raw	1,19
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1,19
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1,19
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	1,19
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1,19
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	1,19

NDB_No	Description	Alanine(g) Value Per
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,19
17125	Veal, shoulder, arm, separable lean only, raw	1,19
21115	Fast foods, hamburger, large, triple patty, with condiments	1,19
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	1,19
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	1,19
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	1,19
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	1,19
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	1,19
21421	KFC, Crispy Chicken Strips	1,19
05165	Turkey, whole, meat and skin, raw	1,19
17113	Veal, rib, separable lean only, raw	1,19
05057	Chicken, broilers or fryers, breast, meat and skin, raw	1,19
05285	Turkey, diced, light and dark meat, seasoned	1,19
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	1,19
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	1,19
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	1,19
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	1,18
01094	Milk, buttermilk, dried	1,18
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	1,18
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	1,18
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	1,18
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,18
02003	Spices, basil, dried	1,18
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,18
07057	Pepperoni, beef and pork, sliced	1,18
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	1,18
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,18
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,18
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,18
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	1,18
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	1,18
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	1,18
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	1,18
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,18
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	1,18
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	1,18

NDB_No	Description	Alanine(g) Value Per
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,18
15065	Fish, pollock, Atlantic, raw	1,18
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	1,18
17428	Veal, shank, separable lean only, raw	1,18
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	1,18
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	1,18
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1,18
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,18
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,18
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	1,18
02024	Spices, mustard seed, ground	1,17
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1,17
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,17
15060	Fish, perch, mixed species, raw	1,17
15108	Fish, sunfish, pumpkin seed, raw	1,17
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	1,17
15031	Fish, grouper, mixed species, raw	1,17
07927	Sausage, Italian, turkey, smoked	1,17
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	1,17
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	1,17
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	1,17
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1,17
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,17
15055	Fish, mullet, striped, raw	1,17
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	1,17
15156	Mollusks, abalone, mixed species, cooked, fried	1,17
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	1,17
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,17
15006	Fish, burbot, raw	1,17
05011	Chicken, broilers or fryers, meat only, raw	1,17
15051	Fish, mackerel, spanish, raw	1,17
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	1,17
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	1,17
05665	Ground turkey, 93% lean, 7% fat, raw	1,17
07052	Pastrami, turkey	1,17
15154	Crustaceans, spiny lobster, mixed species, raw	1,17

NDB_No	Description	Alanine(g) Value Per
17131	Veal, shoulder, blade chop, separable lean only, raw	1,17
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	1,16
15062	Fish, pike, northern, raw	1,16
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	1,16
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	1,16
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	1,16
23567	Beef, ground, 85% lean meat / 15% fat, raw	1,16
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	1,16
05696	Turkey from whole, light meat, meat only, with added solution, raw	1,16
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	1,16
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	1,16
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	1,16
13325	Beef, variety meats and by-products, liver, raw	1,16
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	1,16
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	1,16
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	1,16
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	1,16
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	1,16
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	1,16
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	1,16
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	1,16
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	1,16
05125	Chicken, stewing, meat only, raw	1,16
16001	Beans, adzuki, mature seeds, raw	1,16
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	1,16
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,16
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	1,16
10130	Canadian bacon, unprepared	1,16
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,16
05141	Duck, domesticated, meat only, raw	1,16
10020	Pork, fresh, loin, whole, separable lean and fat, raw	1,16
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,16
15064	Fish, pike, walleye, raw	1,16
35183	Corn, dried, yellow (Northern Plains Indians)	1,16
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,16
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1,16

NDB_No	Description	Alanine(g) Value Per
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	1,15
10117	Pork, fresh, variety meats and by-products, spleen, raw	1,15
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	1,15
15130	Fish, whitefish, mixed species, raw	1,15
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	1,15
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1,15
23418	Beef, New Zealand, imported, inside, raw	1,15
05187	Turkey from whole, dark meat, meat only, raw	1,15
05215	Turkey, back from whole bird, meat only, raw	1,15
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	1,15
05740	Turkey, thigh, from whole bird, meat only, raw	1,15
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	1,15
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	1,15
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	1,15
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,15
17122	Veal, shoulder, arm, separable lean and fat, raw	1,15
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	1,15
07050	Mortadella, beef, pork	1,15
13149	Beef, rib, shortribs, separable lean only, choice, raw	1,15
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,15
15022	Fish, cusk, raw	1,15
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1,15
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	1,15
15013	Fish, cisco, raw	1,15
15044	Fish, ling, raw	1,15
17278	Veal, shank (fore and hind), separable lean only, raw	1,15
07064	Pork sausage, link/patty, cooked, pan-fried	1,15
17435	Veal, shank, separable lean and fat, raw	1,15
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	1,15
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	1,15
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1,14
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,14
15142	Crustaceans, crab, blue, crab cakes, home recipe	1,14
15033	Fish, haddock, raw	1,14
15231	Mollusks, oyster, Pacific, cooked, moist heat	1,14
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	1,14

NDB_No	Description	Alanine(g) Value Per
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1,14
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,14
15090	Fish, scup, raw	1,14
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,14
15003	Fish, bass, fresh water, mixed species, raw	1,14
17276	Veal, shank (fore and hind), separable lean and fat, raw	1,14
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,14
10072	Pork, fresh, shoulder, whole, separable lean only, raw	1,14
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	1,14
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	1,14
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,14
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,14
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,14
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	1,14
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,14
07979	Sausage, pork, turkey, and beef, reduced sodium	1,14
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	1,14
05080	Chicken, broilers or fryers, leg, meat only, raw	1,14
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	1,14
15152	Crustaceans, shrimp, mixed species, canned	1,14
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	1,13
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,13
17134	Veal, sirloin, separable lean and fat, raw	1,13
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1,13
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	1,13
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	1,13
05632	Emu, top loin, cooked, broiled	1,13
05704	Turkey, whole, meat only, with added solution, raw	1,13
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1,13
15121	Fish, tuna, light, canned in water, drained solids	1,13
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	1,13
05152	Guinea hen, meat only, raw	1,13
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	1,13
15046	Fish, mackerel, Atlantic, raw	1,12
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,12
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	1,12

NDB_No	Description	Alanine(g) Value Per
15203	Fish, monkfish, cooked, dry heat	1,12
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	1,12
07089	Sausage, Italian, pork, cooked	1,12
17110	Veal, rib, separable lean and fat, raw	1,12
15103	Fish, spot, raw	1,12
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,12
36023	APPLEBEE'S, chicken tenders platter	1,12
05144	Duck, wild, meat and skin, raw	1,12
13338	Beef, variety meats and by-products, thymus, cooked, braised	1,12
15023	Fish, mahimahi, raw	1,12
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	1,12
12036	Seeds, sunflower seed kernels, dried	1,12
15068	Fish, pompano, florida, raw	1,12
15233	Fish, catfish, channel, wild, cooked, dry heat	1,12
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,12
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	1,12
17150	Game meat, beaver, raw	1,12
15025	Fish, eel, mixed species, raw	1,12
15091	Fish, sea bass, mixed species, raw	1,12
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	1,12
15196	Fish, halibut, greenland, cooked, dry heat	1,11
16092	Peanuts, spanish, oil-roasted, with salt	1,11
16392	Peanuts, spanish, oil-roasted, without salt	1,11
17128	Veal, shoulder, blade chop, separable lean and fat, raw	1,11
05693	Chicken, broiler, rotisserie, BBQ, back meat only	1,11
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	1,11
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	1,11
17214	Lamb, variety meats and by-products, spleen, raw	1,11
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,11
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	1,11
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	1,11
05113	Chicken, roasting, meat only, raw	1,11
05716	Turkey, retail parts, drumstick, meat only, raw	1,11
16133	Yardlong beans, mature seeds, raw	1,11
23413	Beef, New Zealand, imported, flat, separable lean only, raw	1,11
23431	Beef, New Zealand, imported, ribs prepared, raw	1,11

NDB_No	Description	Alanine(g) Value Per
10103	Pork, fresh, variety meats and by-products, heart, raw	1,11
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	1,11
15132	Fish, whiting, mixed species, raw	1,11
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,11
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	1,11
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	1,11
15077	Fish, salmon, chinook, smoked	1,11
15179	Fish, salmon, chinook, smoked, (lox), regular	1,11
05622	Emu, ground, cooked, pan-broiled	1,10
13347	Beef, cured, corned beef, brisket, cooked	1,10
17142	Veal, ground, raw	1,10
23427	Beef, New Zealand, imported, manufacturing beef, raw	1,10
15011	Fish, catfish, channel, cooked, breaded and fried	1,10
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1,10
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	1,10
05183	Turkey, dark meat, meat and skin, raw	1,10
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	1,10
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	1,10
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,10
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	1,10
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	1,10
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	1,10
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	1,10
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	1,10
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	1,10
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	1,10
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1,10
05043	Chicken, broilers or fryers, dark meat, meat only, raw	1,10
05736	Turkey, retail parts, drumstick, meat and skin, raw	1,10
15137	Crustaceans, crab, alaska king, cooked, moist heat	1,10
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	1,10
17174	Game meat, muskrat, raw	1,10
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	1,10
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	1,10
16071	Lima beans, large, mature seeds, raw	1,10
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,10

NDB_No	Description	Alanine(g) Value Per
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	1,10
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	1,10
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	1,09
05135	Chicken, capons, meat and skin, raw	1,09
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,09
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,09
05309	Chicken, cornish game hens, meat only, raw	1,09
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1,09
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,09
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	1,09
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,09
15070	Fish, rockfish, Pacific, mixed species, raw	1,09
16089	Peanuts, all types, oil-roasted, with salt	1,09
16389	Peanuts, all types, oil-roasted, without salt	1,09
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	1,09
05006	Chicken, broilers or fryers, meat and skin, raw	1,09
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	1,09
15058	Fish, ocean perch, Atlantic, cooked, dry heat	1,09
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,09
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	1,09
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	1,09
05143	Duck, domesticated, liver, raw	1,09
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	1,09
16060	Cowpeas, catjang, mature seeds, raw	1,09
15039	Fish, herring, Atlantic, raw	1,09
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1,08
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	1,08
07068	Salami, cooked, beef	1,08
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	1,08
05312	Chicken, wing, frozen, glazed, barbecue flavored	1,08
13002	Beef, carcass, separable lean and fat, select, raw	1,08
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,08
05015	Chicken, broilers or fryers, skin only, raw	1,08
16085	Peas, green, split, mature seeds, raw	1,08
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	1,08
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	1,08

NDB_No	Description	Alanine(g) Value Per
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	1,08
05133	Chicken, capons, meat and skin and giblets and neck, raw	1,08
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1,08
05161	Squab, (pigeon), meat only, raw	1,08
15008	Fish, carp, raw	1,08
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	1,08
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	1,08
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	1,08
15015	Fish, cod, Atlantic, raw	1,08
16083	Mungo beans, mature seeds, raw	1,08
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	1,08
21101	Fast foods, cheeseburger; triple, regular patty; plain	1,08
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	1,08
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,08
07021	Dutch brand loaf, chicken, pork and beef	1,08
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	1,08
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,08
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,08
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,08
23572	Beef, ground, 80% lean meat / 20% fat, raw	1,08
05131	Chicken, stewing, dark meat, meat only, raw	1,08
15020	Fish, croaker, Atlantic, raw	1,08
16094	Peanuts, valencia, oil-roasted, with salt	1,08
16394	Peanuts, valencia, oil-roasted, without salt	1,08
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	1,08
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	1,07
13001	Beef, carcass, separable lean and fat, choice, raw	1,07
07060	Luxury loaf, pork	1,07
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	1,07
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1,07
15004	Fish, bass, striped, raw	1,07
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1,07
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	1,07
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	1,07
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	1,07
16052	Broadbeans (fava beans), mature seeds, raw	1,07

NDB_No	Description	Alanine(g) Value Per
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	1,07
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	1,07
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	1,07
15045	Fish, lingcod, raw	1,07
15075	Fish, sablefish, smoked	1,07
15176	Mollusks, squid, mixed species, cooked, fried	1,07
23411	Beef, New Zealand, imported, flank, separable lean only, raw	1,07
05053	Chicken, broilers or fryers, back, meat only, raw	1,07
15021	Fish, croaker, Atlantic, cooked, breaded and fried	1,07
16067	Hyacinth beans, mature seeds, raw	1,07
17193	Veal, variety meats and by-products, heart, raw	1,07
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	1,07
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	1,07
15099	Fish, smelt, rainbow, raw	1,07
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	1,07
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	1,07
10192	Pork, fresh, backribs, separable lean and fat, raw	1,06
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,06
16035	Beans, kidney, royal red, mature seeds, raw	1,06
15024	Fish, drum, freshwater, raw	1,06
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	1,06
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	1,06
05706	Turkey, whole, meat and skin, with added solution, raw	1,06
10972	Pork, ground, 84% lean / 16% fat, raw	1,06
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	1,06
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	1,06
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	1,06
15112	Fish, tilefish, raw	1,06
15134	Fish, wolffish, Atlantic, raw	1,06
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	1,06
13346	Beef, cured, corned beef, brisket, raw	1,06
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1,06
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	1,06
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	1,06
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,06
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	1,05

NDB_No	Description	Alanine(g) Value Per
05173	Turkey, gizzard, all classes, raw	1,05
05668	Ground turkey, 85% lean, 15% fat, raw	1,05
17205	Lamb, variety meats and by-products, lungs, raw	1,05
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	1,05
16074	Lima beans, thin seeded (baby), mature seeds, raw	1,05
36015	Restaurant, family style, chicken fingers, from kid's menu	1,05
07005	Blood sausage	1,05
16080	Mung beans, mature seeds, raw	1,05
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1,05
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	1,05
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	1,05
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	1,05
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	1,05
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	1,05
01033	Cheese, parmesan, hard	1,05
12154	Nuts, walnuts, black, dried	1,05
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1,05
15144	Crustaceans, crab, queen, raw	1,05
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	1,05
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	1,05
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	1,05
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	1,05
15007	Fish, butterfish, raw	1,04
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	1,04
12006	Seeds, chia seeds, dried	1,04
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	1,04
36005	APPLEBEE'S, chicken tenders, from kids' menu	1,04
16144	Lentils, pink or red, raw	1,04
05694	Turkey, dark meat from whole, meat only, with added solution, raw	1,04
05719	Turkey, back, from whole bird, meat only, with added solution, raw	1,04
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	1,04
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	1,04
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	1,04
15235	Fish, catfish, channel, farmed, cooked, dry heat	1,04
15208	Fish, sablefish, cooked, dry heat	1,04
16135	Winged beans, mature seeds, raw	1,04

NDB_No	Description	Alanine(g) Value Per
17271	Veal, breast, whole, boneless, separable lean and fat, raw	1,04
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	1,04
07091	New england brand sausage, pork, beef	1,04
16091	Peanuts, spanish, raw	1,04
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	1,04
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	1,04
07018	Chicken spread	1,04
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	1,04
02066	Spearmint, dried	1,04
15136	Crustaceans, crab, alaska king, raw	1,04
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	1,04
10106	Pork, fresh, variety meats and by-products, kidneys, raw	1,04
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,04
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,04
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	1,04
15155	Mollusks, abalone, mixed species, raw	1,03
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,03
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1,03
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	1,03
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,03
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1,03
20067	Sorghum grain	1,03
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	1,03
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	1,03
16069	Lentils, raw	1,03
17369	Lamb, New Zealand, imported, liver, raw	1,03
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	1,03
16096	Peanuts, virginia, oil-roasted, with salt	1,03
16396	Peanuts, virginia, oil-roasted, without salt	1,03
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	1,03
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	1,03
10184	Pork, cured, ham, extra lean and regular, canned, unheated	1,03
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	1,03
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	1,03
07955	Turkey sausage, fresh, raw	1,02
07974	Bacon, turkey, low sodium	1,02

NDB_No	Description	Alanine(g) Value Per
16087	Peanuts, all types, raw	1,02
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	1,02
07965	Pork sausage, link/patty, reduced fat, unprepared	1,02
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1,02
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,02
15094	Fish, shad, american, raw	1,02
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	1,02
05100	Chicken, broilers or fryers, wing, meat and skin, raw	1,02
15139	Crustaceans, crab, blue, raw	1,02
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,02
05119	Chicken, roasting, dark meat, meat only, raw	1,02
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	1,02
16030	Beans, kidney, california red, mature seeds, raw	1,02
17199	Lamb, variety meats and by-products, liver, raw	1,02
05123	Chicken, stewing, meat and skin, raw	1,02
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	1,02
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	1,02
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	1,02
02019	Spices, fenugreek seed	1,02
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	1,02
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,02
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,02
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	1,02
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	1,02
12152	Nuts, pistachio nuts, dry roasted, without salt added	1,02
12652	Nuts, pistachio nuts, dry roasted, with salt added	1,02
13357	Beef, cured, sausage, cooked, smoked	1,02
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	1,02
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	1,02
07932	Chicken breast, fat-free, mesquite flavor, sliced	1,02
07933	Chicken breast, oven-roasted, fat-free, sliced	1,02
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	1,02
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,02
10150	Pork, cured, ham, whole, separable lean and fat, unheated	1,01
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	1,01
21401	Fast foods, chicken tenders	1,01

NDB_No	Description	Alanine(g) Value Per
15093	Fish, seatrout, mixed species, raw	1,01
15107	Fish, sucker, white, raw	1,01
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	1,01
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	1,01
17371	Lamb, New Zealand, imported, ground lamb, raw	1,01
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	1,01
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	1,01
15148	Crustaceans, lobster, northern, cooked, moist heat	1,01
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,01
21417	POPEYES, Mild Chicken Strips, analyzed 2006	1,01
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	1,01
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	1,01
05171	Turkey, whole, giblets, raw	1,01
12062	Nuts, almonds, blanched	1,01
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	1,01
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	1,01
05307	Chicken, cornish game hens, meat and skin, raw	1,01
15059	Fish, pout, ocean, raw	1,01
17183	Game meat, squirrel, raw	1,01
21110	Fast foods, hamburger; double, regular, patty; plain	1,01
05177	Turkey, liver, all classes, raw	1,00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	1,00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	1,00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	1,00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	1,00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1,00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	1,00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	1,00
13328	Beef, variety meats and by-products, lungs, raw	1,00
16095	Peanuts, virginia, raw	1,00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	1,00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	1,00
17191	Lamb, variety meats and by-products, heart, raw	1,00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	1,00
12061	Nuts, almonds	1,00
12065	Nuts, almonds, oil roasted, without salt added	1,00

NDB_No	Description	Alanine(g) Value Per
12565	Nuts, almonds, oil roasted, with salt added	1,00
12665	Nuts, almonds, oil roasted, lightly salted	1,00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	1,00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,00
16093	Peanuts, valencia, raw	1,00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	1,00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	1,00
17224	Lamb, ground, raw	1,00
36034	Restaurant, family style, chicken tenders	1,00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0,99
05027	Chicken, liver, all classes, raw	0,99
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0,99
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0,99
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0,99
05332	Chicken, ground, raw	0,99
12063	Nuts, almonds, dry roasted, without salt added	0,99
12563	Nuts, almonds, dry roasted, with salt added	0,99
15010	Fish, catfish, channel, wild, raw	0,99
15043	Fish, herring, Pacific, raw	0,99
12195	Nuts, almond butter, plain, without salt added	0,99
12201	Seeds, sesame seed kernels, dried (decorticated)	0,99
12695	Nuts, almond butter, plain, with salt added	0,99
15014	Fish, cisco, smoked	0,99
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0,99
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0,99
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0,99
16027	Beans, kidney, all types, mature seeds, raw	0,99
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0,99
23577	Beef, ground, 75% lean meat / 25% fat, raw	0,99
15143	Crustaceans, crab, dungeness, raw	0,99
20031	Millet, raw	0,99
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0,98
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,98
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0,98
07063	Pork sausage, link/patty, unprepared	0,98

NDB_No	Description	Alanine(g) Value Per
07090	Luncheon sausage, pork and beef	0,98
07954	Beef sausage, pre-cooked	0,98
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0,98
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0,98
10219	Pork, fresh, ground, raw	0,98
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0,98
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0,98
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0,98
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0,98
15163	Mollusks, cuttlefish, mixed species, raw	0,98
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,98
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,98
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,98
05025	Chicken, heart, all classes, raw	0,98
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0,98
07010	Bologna, pork	0,98
16049	Beans, white, mature seeds, raw	0,98
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0,98
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0,98
05146	Goose, domesticated, meat and skin, raw	0,98
15104	Fish, sturgeon, mixed species, raw	0,98
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0,97
21422	KFC, Popcorn Chicken	0,97
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0,97
12151	Nuts, pistachio nuts, raw	0,97
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	0,97
16101	Pigeon peas (red gram), mature seeds, raw	0,97
15129	Fish, turbot, european, raw	0,97
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0,97
20060	Rice bran, crude	0,97
01039	Cheese, roquefort	0,97
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0,97
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	0,97
36020	T.G.I. FRIDAY'S, chicken fingers	0,97
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0,97
07008	Bologna, beef and pork	0,97

NDB_No	Description	Alanine(g) Value Per
16019	Beans, cranberry (roman), mature seeds, raw	0,96
05714	Turkey, skin, from retail parts, from dark meat, raw	0,96
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0,96
15128	Fish, tuna salad	0,96
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0,96
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0,96
17449	Lamb, Australian, imported, fresh, external fat, cooked	0,96
16114	Tempeh	0,96
17222	Veal, variety meats and by-products, tongue, raw	0,96
21256	BURGER KING, Chicken Strips	0,96
01023	Cheese, gruyere	0,96
05303	Poultry, mechanically deboned, from mature hens, raw	0,96
05088	Chicken, broilers or fryers, neck, meat only, raw	0,96
11615	Chives, freeze-dried	0,96
01204	Cheese, parmesan, dry grated, reduced fat	0,96
21112	Fast foods, hamburger; single, large patty; plain	0,96
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0,96
07919	Sausage, turkey, breakfast links, mild	0,96
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	0,96
03011	Babyfood, meat, lamb, junior	0,95
10132	Pork, cured, feet, pickled	0,95
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0,95
07055	Pate, liver, not specified, canned	0,95
07942	Pate, truffle flavor	0,95
05150	Goose, liver, raw	0,95
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0,95
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	0,95
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0,95
07030	Ham, minced	0,95
12037	Seeds, sunflower seed kernels, dry roasted, without salt	0,95
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0,95
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	0,95
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0,95
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0,95
07070	Salami, cooked, turkey	0,95
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0,95

NDB_No	Description	Alanine(g) Value Per
12169	Seeds, sesame butter, paste	0,94
16032	Beans, kidney, red, mature seeds, raw	0,94
15175	Mollusks, squid, mixed species, raw	0,94
16090	Peanuts, all types, dry-roasted, with salt	0,94
16390	Peanuts, all types, dry-roasted, without salt	0,94
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	0,94
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0,94
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	0,94
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0,94
03013	Babyfood, meat, chicken, junior	0,94
07953	Pork sausage, link/patty, fully cooked, microwaved	0,94
07025	Frankfurter, turkey	0,94
01038	Cheese, romano	0,93
07929	Sausage, turkey, hot, smoked	0,93
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	0,93
05137	Chicken, capons, giblets, raw	0,93
07015	Brotwurst, pork, beef, link	0,93
07040	Liver cheese, pork	0,93
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0,93
12023	Seeds, sesame seeds, whole, dried	0,93
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0,93
12220	Seeds, flaxseed	0,92
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0,92
21092	Fast foods, cheeseburger; double, regular patty; plain	0,92
15073	Fish, roughy, orange, raw	0,92
16047	Beans, yellow, mature seeds, raw	0,92
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,92
05175	Turkey, heart, all classes, raw	0,92
05353	USDA Commodity, chicken fajita strips, frozen	0,92
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0,92
07026	Ham, chopped, canned	0,92
07931	Beerwurst, pork and beef	0,92
16024	Beans, great northern, mature seeds, raw	0,92
16098	Peanut butter, smooth style, with salt	0,92
16398	Peanut butter, smooth style, without salt	0,92
01040	Cheese, swiss	0,91

NDB_No	Description	Alanine(g) Value Per
02005	Spices, caraway seed	0,91
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0,91
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0,91
03009	Babyfood, meat, ham, junior	0,91
07032	Ham and cheese loaf or roll	0,91
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0,91
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0,91
01090	Milk, dry, whole, with added vitamin D	0,91
01212	Milk, dry, whole, without added vitamin D	0,91
10088	Pork, fresh, spareribs, separable lean and fat, raw	0,91
16037	Beans, navy, mature seeds, raw	0,91
03015	Babyfood, meat, turkey, strained	0,90
16014	Beans, black, mature seeds, raw	0,90
16167	USDA Commodity, Peanut Butter, smooth	0,90
19165	Cocoa, dry powder, unsweetened	0,90
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0,90
16097	Peanut butter, chunk style, with salt	0,90
16397	Peanut butter, chunk style, without salt	0,90
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	0,90
07024	Frankfurter, chicken	0,90
07059	Polish sausage, pork	0,90
07915	Sausage, Polish, beef with chicken, hot	0,90
15145	Crustaceans, crayfish, mixed species, wild, raw	0,90
15166	Mollusks, octopus, common, raw	0,90
15057	Fish, ocean perch, Atlantic, raw	0,90
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0,90
13344	Beef, cured, breakfast strips, raw or unheated	0,90
17220	Lamb, variety meats and by-products, tongue, raw	0,90
19034	Snacks, popcorn, air-popped	0,90
19806	Snacks, popcorn, air-popped (Unsalted)	0,90
36027	DENNY'S, chicken strips	0,90
17373	Lamb, New Zealand, imported, heart, raw	0,90
13498	Beef, ground, 70% lean meat / 30% fat, raw	0,90
05630	Emu, outside drum, raw	0,90
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0,90
15140	Crustaceans, crab, blue, cooked, moist heat	0,89

NDB_No	Description	Alanine(g) Value Per
15141	Crustaceans, crab, blue, canned	0,89
05179	Turkey from whole, neck, meat only, raw	0,89
12013	Seeds, lotus seeds, dried	0,89
21096	Fast foods, cheeseburger; single, large patty; plain	0,89
15109	Fish, surimi	0,89
16016	Beans, black turtle, mature seeds, raw	0,89
07062	Picnic loaf, pork, beef	0,89
10112	Pork, fresh, variety meats and by-products, lungs, raw	0,89
36024	CRACKER BARREL, chicken tenderloin platter, fried	0,89
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0,89
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0,89
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0,89
05626	Emu, full rump, raw	0,89
05631	Emu, oyster, raw	0,89
07001	Barbecue loaf, pork, beef	0,89
12024	Seeds, sesame seeds, whole, roasted and toasted	0,89
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0,89
12034	Seeds, sesame meal, partially defatted	0,89
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0,89
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0,89
05621	Emu, ground, raw	0,88
15157	Mollusks, clam, mixed species, raw	0,88
16045	Beans, small white, mature seeds, raw	0,88
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0,88
20038	Oats	0,88
05169	Turkey, skin from whole, (light and dark), raw	0,88
07069	Salami, cooked, beef and pork	0,88
07913	Salami, pork, beef, less sodium	0,88
03007	Babyfood, meat, pork, strained	0,88
15147	Crustaceans, lobster, northern, raw	0,88
16040	Beans, pink, mature seeds, raw	0,88
05020	Chicken, broilers or fryers, giblets, raw	0,88
07045	Luncheon meat, pork, canned	0,88
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0,88
15054	Fish, monkfish, raw	0,88
05623	Emu, fan fillet, raw	0,88

NDB_No	Description	Alanine(g) Value Per
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	0,88
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0,88
05127	Chicken, stewing, giblets, raw	0,87
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	0,87
07935	Oven-roasted chicken breast roll	0,87
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	0,87
21111	Fast foods, hamburger; double, regular patty; with condiments	0,87
16042	Beans, pinto, mature seeds, raw	0,87
20033	Oat bran, raw	0,87
03012	Babyfood, meat, chicken, strained	0,87
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0,87
21089	Fast foods, cheeseburger; single, regular patty; plain	0,87
05304	Turkey, mechanically deboned, from turkey frames, raw	0,87
15038	Fish, halibut, Greenland, raw	0,87
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	0,87
05115	Chicken, roasting, giblets, raw	0,87
05625	Emu, flat fillet, raw	0,86
12040	Seeds, sunflower seed butter, without salt	0,86
12540	Seeds, sunflower seed butter, with salt added	0,86
05628	Emu, inside drum, raw	0,86
05048	Chicken, broilers or fryers, back, meat and skin, raw	0,86
10121	Pork, fresh, variety meats and by-products, tongue, raw	0,86
15234	Fish, catfish, channel, farmed, raw	0,86
21243	WENDY'S, CLASSIC DOUBLE, with cheese	0,86
01006	Cheese, brie	0,86
01032	Cheese, parmesan, grated	0,86
13339	Beef, variety meats and by-products, tongue, raw	0,86
15041	Fish, herring, Atlantic, pickled	0,86
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	0,86
16107	Sausage, meatless	0,85
17195	Lamb, variety meats and by-products, kidneys, raw	0,85
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0,85
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	0,85
07038	Knackwurst, knockwurst, pork, beef	0,85
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0,85
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0,85

NDB_No	Description	Alanine(g) Value Per
12039	Seeds, sunflower seed kernels, toasted, without salt	0,84
12539	Seeds, sunflower seed kernels, toasted, with salt added	0,84
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0,84
16429	Tofu, fried, prepared with calcium sulfate	0,84
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0,84
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0,84
02033	Spices, poppy seed	0,84
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0,84
15242	Crustaceans, crayfish, mixed species, farmed, raw	0,84
01270	Cheese, cheddar, sharp, sliced	0,84
03008	Babyfood, meat, ham, strained	0,84
12087	Nuts, cashew nuts, raw	0,84
01125	Egg, yolk, raw, fresh	0,84
07944	Turkey, white, rotisserie, deli cut	0,84
05698	Turkey, skin from whole (light and dark), with added solution, raw	0,83
19166	Cocoa, dry powder, unsweetened, processed with alkali	0,83
17197	Veal, variety meats and by-products, kidneys, raw	0,83
07910	Bratwurst, veal, cooked	0,83
10001	Pork, fresh, carcass, separable lean and fat, raw	0,83
07016	Cheesefurter, cheese smokie, pork, beef	0,83
07041	Liver sausage, liverwurst, pork	0,83
07911	Liverwurst spread	0,83
07917	Sausage, pork and beef, with cheddar cheese, smoked	0,83
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0,83
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0,83
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0,83
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0,83
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0,83
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0,83
20088	Wild rice, raw	0,82
07967	Pork sausage, link/patty, fully cooked, unheated	0,82
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0,82
01020	Cheese, fontina	0,82
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0,82
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0,82
01167	Cheese, mexican, queso chihuahua	0,82

NDB_No	Description	Alanine(g) Value Per
01007	Cheese, camembert	0,82
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0,82
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0,82
19172	Gelatin desserts, dry mix	0,82
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0,82
12140	Nuts, formulated, wheat-based, unflavored, with salt added	0,82
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0,82
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0,82
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	0,82
07006	Bockwurst, pork, veal, raw	0,81
07065	Pork and beef sausage, fresh, cooked	0,81
01041	Cheese, tilsit	0,81
01126	Egg, yolk, raw, frozen, pasteurized	0,81
15074	Fish, sablefish, raw	0,81
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	0,81
36018	APPLEBEE'S, fish, hand battered	0,81
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0,81
43297	Pork, oriental style, dehydrated	0,81
05300	Turkey sticks, breaded, battered, fried	0,81
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0,81
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	0,81
12088	Nuts, cashew butter, plain, without salt added	0,80
07924	Bratwurst, pork, beef and turkey, lite, smoked	0,80
07928	Sausage, chicken, beef, pork, skinless, smoked	0,80
13331	Beef, variety meats and by-products, pancreas, raw	0,80
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0,80
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0,80
05326	Chicken breast tenders, breaded, cooked, microwaved	0,80
07033	Ham and cheese spread	0,80
25000	Snacks, popcorn, microwave, 94% fat free	0,80
01141	Egg, turkey, whole, fresh, raw	0,80
20001	Amaranth grain, uncooked	0,80
07036	Sausage, Italian, pork, raw	0,80
16113	Natto	0,80
01128	Egg, whole, cooked, fried	0,80
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	0,80

NDB_No	Description	Alanine(g) Value Per
36019	APPLEBEE'S, chili	0,79
36037	Restaurant, family style, chili with meat and beans	0,79
03014	Babyfood, meat, chicken sticks, junior	0,79
01034	Cheese, port de salut	0,79
02018	Spices, fennel seed	0,79
16022	Beans, french, mature seeds, raw	0,79
03021	Babyfood, meat, meat sticks, junior	0,78
21107	Fast foods, hamburger; single, regular patty; plain	0,78
36059	Restaurant, Italian, chicken parmesan without pasta	0,78
16109	Soybeans, mature cooked, boiled, without salt	0,78
16409	Soybeans, mature seeds, cooked, boiled, with salt	0,78
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0,78
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	0,78
05139	Duck, domesticated, meat and skin, raw	0,78
36629	Restaurant, Chinese, orange chicken	0,78
07004	Sausage, Berliner, pork, beef	0,77
07916	Sausage, Polish, pork and beef, smoked	0,77
07922	Bratwurst, beef and pork, smoked	0,77
12086	Nuts, cashew nuts, oil roasted, without salt added	0,77
12586	Nuts, cashew nuts, oil roasted, with salt added	0,77
16426	Tofu, raw, firm, prepared with calcium sulfate	0,77
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0,77
12021	Seeds, safflower seed kernels, dried	0,77
07968	Kielbasa, fully cooked, grilled	0,77
15028	Fish, flatfish (flounder and sole species), raw	0,77
07003	Beerwurst, beer salami, pork	0,77
05356	Chicken, broiler, rotisserie, BBQ, skin	0,77
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0,77
07969	Kielbasa, fully cooked, pan-fried	0,76
20077	Wheat bran, crude	0,76
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0,76
01018	Cheese, edam	0,76
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	0,76
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0,76
07053	Pate, chicken liver, canned	0,76
21018	Fast foods, egg, scrambled	0,76

NDB_No	Description	Alanine(g) Value Per
01022	Cheese, gouda	0,76
01140	Egg, quail, whole, fresh, raw	0,76
07014	Braunschweiger (a liver sausage), pork	0,76
17210	Lamb, variety meats and by-products, pancreas, raw	0,76
07061	Mother's loaf, pork	0,76
20648	Sorghum flour, whole-grain	0,76
01029	Cheese, mozzarella, low moisture, part-skim	0,76
17367	Lamb, New Zealand, imported, kidney, raw	0,76
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	0,75
36618	Restaurant, Chinese, general tso's chicken	0,75
01009	Cheese, cheddar	0,75
10146	Pork, cured, ham, patties, unheated	0,75
06128	Soup, chicken noodle, dry, mix	0,75
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0,75
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0,75
20008	Buckwheat	0,75
07939	Frankfurter, pork	0,75
20142	Teff, uncooked	0,75
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	0,74
19031	Snacks, oriental mix, rice-based	0,74
01028	Cheese, mozzarella, part skim milk	0,74
07011	Bologna, turkey	0,74
12206	Nuts, almonds, honey roasted, unblanched	0,74
36612	DENNY'S, golden fried shrimp	0,74
01123	Egg, whole, raw, fresh	0,74
11634	Peppers, sweet, green, freeze-dried	0,73
11931	Peppers, sweet, red, freeze-dried	0,73
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	0,73
01131	Egg, whole, cooked, poached	0,73
36058	OLIVE GARDEN, chicken parmigiana without pasta	0,73
07029	Ham, sliced, regular (approximately 11% fat)	0,73
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0,73
12120	Nuts, hazelnuts or filberts	0,73
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0,73
36029	DENNY'S, fish fillet, battered or breaded, fried	0,73
05324	Chicken patty, frozen, cooked	0,73

NDB_No	Description	Alanine(g) Value Per
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0,73
16147	Veggie burgers or soyburgers, unprepared	0,73
07937	Bologna, pork, turkey and beef	0,72
10123	Pork, cured, bacon, unprepared	0,72
05327	Chicken breast tenders, breaded, uncooked	0,72
01171	Egg, whole, raw, frozen, pasteurized	0,72
15164	Mollusks, mussel, blue, raw	0,72
07957	Pork and turkey sausage, pre-cooked	0,72
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0,72
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	0,72
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0,72
07067	Poultry salad sandwich spread	0,71
20011	Buckwheat flour, whole-groat	0,71
01008	Cheese, caraway	0,71
17186	Lamb, variety meats and by-products, brain, cooked, braised	0,71
01160	Egg, yolk, raw, frozen, salted, pasteurized	0,71
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0,71
01026	Cheese, mozzarella, whole milk	0,71
01035	Cheese, provolone	0,71
01208	Cheese, provolone, reduced fat	0,71
07945	Frankfurter, beef, heated	0,71
11222	Drumstick leaves, raw	0,70
20014	Corn grain, yellow	0,70
20114	Noodles, japanese, soba, dry	0,70
20314	Corn grain, white	0,70
01124	Egg, white, raw, fresh	0,70
03017	Babyfood, meat, turkey sticks, junior	0,70
16129	Tofu, fried	0,70
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0,70
05323	Chicken patty, frozen, uncooked	0,70
12085	Nuts, cashew nuts, dry roasted, without salt added	0,70
12585	Nuts, cashew nuts, dry roasted, with salt added	0,70
01129	Egg, whole, cooked, hard-boiled	0,70
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	0,70
09110	Goji berries, dried	0,70
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0,70

NDB_No	Description	Alanine(g) Value Per
12155	Nuts, walnuts, english	0,70
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0,70
08037	Cereals ready-to-eat, granola, homemade	0,69
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0,69
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0,69
01025	Cheese, monterey	0,69
07970	Kielbasa, fully cooked, unheated	0,68
12193	Seeds, sisymbrium sp. seeds, whole, dried	0,68
12147	Nuts, pine nuts, dried	0,68
01139	Egg, goose, whole, fresh, raw	0,68
36401	Restaurant, Latino, chicken and rice, entree, prepared	0,68
07007	Bologna, beef	0,68
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	0,68
01030	Cheese, muenster	0,68
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0,67
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	0,67
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0,67
07964	Frankfurter, meat and poultry, cooked, grilled	0,67
19036	Snacks, popcorn, cakes	0,67
36617	Restaurant, Chinese, lemon chicken	0,67
01005	Cheese, brick	0,67
01011	Cheese, colby	0,67
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0,67
12121	Nuts, hazelnuts or filberts, blanched	0,67
01024	Cheese, limburgier	0,67
05282	Pate de foie gras, canned (goose liver pate), smoked	0,66
07054	Pate, goose liver, smoked, canned	0,66
12130	Nuts, hickorynuts, dried	0,66
20009	Buckwheat groats, roasted, dry	0,66
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0,66
01027	Cheese, mozzarella, whole milk, low moisture	0,66
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0,66
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0,66
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0,66
01010	Cheese, cheshire	0,66
01172	Egg, white, raw, frozen, pasteurized	0,66

NDB_No	Description	Alanine(g) Value Per
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	0,66
05674	Chicken, skin (drumsticks and thighs), raw	0,66
07960	Bologna, chicken, pork	0,66
10128	Pork, cured, breakfast strips, raw or unheated	0,66
21119	Fast foods, hotdog, with chili	0,66
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0,66
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0,66
36016	Restaurant, family style, shrimp, breaded and fried	0,66
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	0,65
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0,65
07083	Sausage, Vienna, canned, chicken, beef, pork	0,65
11446	Seaweed, laver, raw	0,65
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0,65
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0,65
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0,65
01251	Cheese, Mexican blend	0,65
07971	Bologna, meat and poultry	0,65
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0,65
07963	Frankfurter, meat and poultry, cooked, boiled	0,65
13020	Beef, retail cuts, separable fat, cooked	0,65
20063	Rye flour, dark	0,65
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0,65
01004	Cheese, blue	0,64
01016	Cheese, cottage, lowfat, 1% milkfat	0,64
22978	Chicken tenders, breaded, frozen, prepared	0,64
02028	Spices, paprika	0,64
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0,64
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0,64
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0,64
01019	Cheese, feta	0,64
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0,64
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0,64
20017	Corn flour, masa, enriched, white	0,64
20019	Corn flour, masa, unenriched, white	0,64
20317	Corn flour, yellow, masa, enriched	0,64
01168	Cheese, low fat, cheddar or colby	0,63

NDB_No	Description	Alanine(g) Value Per
01169	Cheese, low-sodium, cheddar or colby	0,63
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	0,63
01138	Egg, duck, whole, fresh, raw	0,63
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0,63
21006	Fast foods, biscuit with egg and steak	0,63
07978	Pork sausage, reduced sodium, cooked	0,63
01226	Egg substitute, liquid or frozen, fat free	0,62
13337	Beef, variety meats and by-products, thymus, raw	0,62
43273	Cheese, cottage, with vegetables	0,62
36001	APPLEBEE'S, Double Crunch Shrimp	0,62
16160	Tofu, hard, prepared with nigari	0,62
01044	Cheese, pasteurized process, swiss	0,62
07950	Frankfurter, meat	0,62
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0,62
20323	Cornmeal, white, self-rising, bolted, plain, enriched	0,62
21251	BURGER KING, Cheeseburger	0,62
01130	Egg, whole, cooked, omelet	0,62
01165	Cheese, mexican, queso anejo	0,62
07051	Olive loaf, pork	0,62
21120	Fast foods, hotdog, with corn flour coating (corndog)	0,62
02030	Spices, pepper, black	0,62
07058	Pickle and pimiento loaf, pork	0,62
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0,62
01042	Cheese, pasteurized process, American, fortified with vitamin D	0,61
01253	Cheese, pasteurized process, American, without added vitamin D	0,61
36605	CRACKER BARREL, country fried shrimp platter	0,61
07962	Frankfurter, meat and poultry, unheated	0,61
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0,61
12078	Nuts, brazilnuts, dried, unblanched	0,61
20020	Cornmeal, whole-grain, yellow	0,61
20320	Cornmeal, whole-grain, white	0,61
01255	Egg, whole, raw, frozen, salted, pasteurized	0,61
18224	Crackers, rusk toast	0,61
12149	Nuts, pine nuts, pinyon, dried	0,60
19147	Candies, peanut bar	0,60
21008	Fast foods, biscuit, with ham	0,60

NDB_No	Description	Alanine(g) Value Per
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0,60
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0,60
01048	Cheese spread, pasteurized process, American	0,60
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0,60
23438	Beef, New Zealand, imported, sweetbread, raw	0,60
01115	Whey, sweet, dried	0,60
21022	Fast foods, english muffin, with egg, cheese, and sausage	0,60
21118	Fast foods, hotdog, plain	0,60
21241	WENDY'S, Jr. Hamburger, without cheese	0,60
07949	Frankfurter, meat, heated	0,59
12128	Nuts, ginkgo nuts, dried	0,59
17189	Veal, variety meats and by-products, brain, cooked, braised	0,59
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0,59
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0,59
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0,59
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0,59
21014	Fast foods, croissant, with egg, cheese, and sausage	0,59
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0,59
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0,59
21242	WENDY'S, Jr. Hamburger, with cheese	0,59
21253	BURGER KING, WHOPPER, with cheese	0,59
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0,59
36414	Restaurant, Latino, tripe soup	0,59
17185	Lamb, variety meats and by-products, brain, raw	0,59
20035	Quinoa, uncooked	0,59
19059	Snacks, trail mix, regular	0,59
19821	Snacks, trail mix, regular, unsalted	0,59
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0,59
09173	Longans, dried	0,58
16055	Carob flour	0,58
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	0,58
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0,58
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0,58
03185	Babyfood, cereal, mixed, dry fortified	0,58
11450	Soybeans, green, raw	0,58
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0,58

NDB_No	Description	Alanine(g) Value Per
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0,58
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0,58
19040	Snacks, popcorn, cheese-flavor	0,58
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0,58
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0,58
36403	Restaurant, Latino, empanadas, beef, prepared	0,58
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0,57
16138	Falafel, home-prepared	0,57
36619	Restaurant, Chinese, kung pao chicken	0,57
15171	Mollusks, oyster, Pacific, raw	0,57
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0,57
11268	Mushrooms, shiitake, dried	0,57
17285	Lamb, Australian, imported, fresh, separable fat, cooked	0,57
17377	Lamb, New Zealand, imported, testes, raw	0,57
21263	TACO BELL, Soft Taco with steak	0,57
01132	Egg, whole, cooked, scrambled	0,57
08120	Cereals, oats, regular and quick, not fortified, dry	0,56
17358	Lamb, New Zealand, imported, brains, raw	0,56
19077	Baking chocolate, unsweetened, liquid	0,56
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0,56
20022	Cornmeal, degermed, enriched, yellow	0,56
20322	Cornmeal, degermed, enriched, white	0,56
20422	Cornmeal, degermed, unenriched, yellow	0,56
20522	Cornmeal, degermed, unenriched, white	0,56
17270	Veal, breast, separable fat, cooked	0,56
21003	Fast foods, biscuit, with egg and bacon	0,56
16077	Lupins, mature seeds, cooked, boiled, without salt	0,56
16377	Lupins, mature seeds, cooked, boiled, with salt	0,56
20091	Pasta, gluten-free, corn, dry	0,56
21004	Fast foods, biscuit, with egg and ham	0,56
01043	Cheese, pasteurized process, pimento	0,56
08122	Cereals, oats, instant, fortified, plain, dry	0,56
11451	Soybeans, green, cooked, boiled, drained, without salt	0,56
11640	Shallots, freeze-dried	0,56
11853	Soybeans, green, cooked, boiled, drained, with salt	0,56
20071	Wheat, hard red spring	0,56

NDB_No	Description	Alanine(g) Value Per
18374	Leavening agents, yeast, baker's, compressed	0,55
01013	Cheese, cottage, creamed, with fruit	0,55
01047	Cheese food, pasteurized process, swiss	0,55
02015	Spices, curry powder	0,55
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0,55
35146	Stew, mutton, corn, squash (Navajo)	0,55
11452	Soybeans, mature seeds, sprouted, raw	0,55
08157	Cereals ready-to-eat, wheat, puffed, fortified	0,55
19007	Snacks, corn-based, extruded, onion-flavor	0,55
17375	Lamb, New Zealand, imported, sweetbread, raw	0,55
21020	Fast foods, english muffin, with cheese and sausage	0,55
15027	Fish, fish sticks, frozen, prepared	0,55
15030	Fish, gefiltefish, commercial, sweet recipe	0,55
07914	Sausage, Italian, sweet, links	0,54
10942	Pork, fresh, composite of separable fat, with added solution, raw	0,54
20138	Wheat, KAMUT khorasan, uncooked	0,54
10894	Pork, cured, ham, separable fat, boneless, heated	0,54
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0,54
18448	Taco shells, baked, without added salt	0,54
19419	Snacks, corn cakes	0,54
19800	Snacks, corn cakes, very low sodium	0,54
16088	Peanuts, all types, cooked, boiled, with salt	0,54
07031	Ham salad spread	0,54
15172	Mollusks, scallop, mixed species, raw	0,54
16124	Soy sauce made from soy (tamari)	0,54
20140	Spelt, uncooked	0,53
17188	Veal, variety meats and by-products, brain, raw	0,53
10006	Pork, fresh, separable fat, raw	0,53
18299	Pancakes, whole-wheat, dry mix, incomplete	0,53
19058	Snacks, tortilla chips, ranch-flavor	0,53
21007	Fast foods, biscuit, with egg, cheese, and bacon	0,53
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0,53
01156	Cheese, goat, hard type	0,53
36004	APPLEBEE'S, mozzarella sticks	0,52
19413	Snacks, rice cakes, brown rice, corn	0,52
22911	Chili, no beans, canned entree	0,52

NDB_No	Description	Alanine(g) Value Per
21259	BURGER KING, Original Chicken Sandwich	0,52
01046	Cheese food, pasteurized process, American, vitamin D fortified	0,52
01254	Cheese food, pasteurized process, American, without added vitamin D	0,52
20016	Corn flour, whole-grain, yellow	0,52
20316	Corn flour, whole-grain, white	0,52
19052	Snacks, rice cakes, brown rice, buckwheat	0,52
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	0,52
20111	Noodles, egg, spinach, enriched, dry	0,52
07940	Macaroni and cheese loaf, chicken, pork and beef	0,52
20109	Noodles, egg, dry, enriched	0,52
20131	Barley malt flour	0,52
20409	Noodles, egg, dry, unenriched	0,52
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0,51
19063	Snacks, tortilla chips, taco-flavor	0,51
21252	BURGER KING, WHOPPER, no cheese	0,51
25017	Formulated bar, POWER BAR, chocolate	0,51
12145	Nuts, pilinuts, dried	0,51
21005	Fast Foods, biscuit, with egg and sausage	0,51
07936	Bologna, pork and turkey, lite	0,51
01113	Whey, acid, dried	0,51
01037	Cheese, ricotta, part skim milk	0,50
19057	Snacks, tortilla chips, nacho cheese	0,50
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	0,50
18175	Cookies, ladyfingers, with lemon juice and rind	0,50
18423	Cookies, ladyfingers, without lemon juice and rind	0,50
01166	Cheese, mexican, queso asadero	0,50
02027	Spices, oregano, dried	0,50
16112	Miso	0,50
01036	Cheese, ricotta, whole milk	0,50
13019	Beef, retail cuts, separable fat, raw	0,50
18376	Bread crumbs, dry, grated, seasoned	0,50
03212	Babyfood, cereal, rice, with bananas, dry	0,50
01045	Cheese food, cold pack, American	0,49
16104	Bacon, meatless	0,49
36012	Restaurant, family style, fried mozzarella sticks	0,49
03190	Babyfood, cereal, oatmeal, with bananas, dry	0,49

NDB_No	Description	Alanine(g) Value Per
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0,49
19003	Snacks, corn-based, extruded, chips, plain	0,49
20070	Triticale flour, whole-grain	0,49
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0,49
18234	Crackers, wheat, sandwich, with peanut butter filling	0,49
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0,49
20080	Wheat flour, whole-grain	0,49
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0,49
36621	Restaurant, Chinese, sweet and sour chicken	0,49
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0,49
01186	Cheese, cream, fat free	0,49
20004	Barley, hulled	0,49
20069	Triticale	0,49
02020	Spices, garlic powder	0,48
19414	Snacks, rice cakes, brown rice, multigrain	0,48
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	0,48
18079	Bread crumbs, dry, grated, plain	0,48
18295	Pancakes, buckwheat, dry mix, incomplete	0,48
36622	Restaurant, Chinese, sweet and sour pork	0,48
18084	Bread stuffing, cornbread, dry mix	0,48
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0,48
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0,48
36056	Restaurant, Mexican, cheese tamales	0,48
36008	T.G.I. FRIDAY'S, fried mozzarella	0,48
11978	Peppers, ancho, dried	0,48
19051	Snacks, rice cracker brown rice, plain	0,48
19816	Snacks, rice cakes, brown rice, plain, unsalted	0,48
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0,48
25059	Snacks, brown rice chips	0,48
18219	Crackers, matzo, whole-wheat	0,48
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	0,48
19078	Baking chocolate, unsweetened, squares	0,48
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0,48
18215	Crackers, cheese, sandwich-type with peanut butter filling	0,47
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0,47
12175	Nuts, chestnuts, japanese, dried	0,47

NDB_No	Description	Alanine(g) Value Per
12588	Nuts, cashew butter, plain, with salt added	0,47
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0,47
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0,47
21340	McDONALD'S, Sausage Burrito	0,47
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0,47
18087	Cake, angelfood, dry mix	0,47
07073	Sandwich spread, pork, beef	0,47
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0,47
10895	Pork, cured, ham, separable fat, boneless, unheated	0,46
11683	Carrot, dehydrated	0,46
20036	Rice, brown, long-grain, raw	0,46
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0,46
36611	DENNY'S, mozzarella cheese sticks	0,46
12059	Nuts, acorns, dried	0,46
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0,46
19015	Snacks, granola bars, hard, plain	0,46
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0,46
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0,46
18360	Taco shells, baked	0,46
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0,46
18383	Bread, protein, (includes gluten), toasted	0,46
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0,45
02009	Spices, chili powder	0,45
18218	Crackers, matzo, egg	0,45
20072	Wheat, hard red winter	0,45
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0,45
36052	Restaurant, Mexican, cheese quesadilla	0,45
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	0,45
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0,45
16159	Tofu, extra firm, prepared with nigari	0,45
18949	Crackers, whole-wheat, reduced fat	0,45
11212	Edamame, frozen, prepared	0,45
18222	Crackers, melba toast, wheat	0,45
19416	Snacks, rice cakes, brown rice, rye	0,44
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0,44
19021	Snacks, granola bars, soft, uncoated, peanut butter	0,44

NDB_No	Description	Alanine(g) Value Per
19053	Snacks, rice cakes, brown rice, sesame seed	0,44
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	0,44
36032	DENNY'S, spaghetti and meatballs	0,44
36038	Restaurant, family style, spaghetti and meatballs	0,44
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0,44
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0,44
20120	Pasta, dry, enriched	0,44
20420	Pasta, dry, unenriched	0,44
03186	Babyfood, cereal, mixed, with bananas, dry	0,44
19005	Snacks, corn-based, extruded, cones, plain	0,44
20040	Rice, brown, medium-grain, raw	0,44
20012	Bulgur, dry	0,44
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0,43
18363	Tortillas, ready-to-bake or -fry, corn	0,43
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0,43
21009	Fast foods, biscuit, with sausage	0,43
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0,43
11962	Peppers, hot chile, sun-dried	0,43
20046	Rice, white, long-grain, parboiled, enriched, dry	0,43
20446	Rice, white, long-grain, parboiled, unenriched, dry	0,43
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0,43
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0,43
36042	OLIVE GARDEN, lasagna classico	0,43
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0,43
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0,43
12060	Nuts, acorn flour, full fat	0,43
12099	Nuts, chestnuts, european, dried, unpeeled	0,43
15170	Mollusks, oyster, eastern, canned	0,43
20076	Wheat, durum	0,43
03194	Babyfood, cereal, Rice, dry, fortified	0,42
18221	Crackers, melba toast, rye (includes pumpernickel)	0,42
18237	Cream puff shell, prepared from recipe	0,42
19420	Snacks, granola bars, hard, peanut butter	0,42
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0,42
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0,42
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0,42

NDB_No	Description	Alanine(g) Value Per
35145	Stew, hominy with mutton (Navajo)	0,42
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0,42
20090	Rice flour, brown	0,42
35147	Tamales (Navajo)	0,42
11211	Edamame, frozen, unprepared	0,42
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0,42
22954	Egg rolls, chicken, refrigerated, heated	0,42
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0,42
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0,42
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0,42
12077	Nuts, beechnuts, dried	0,41
18043	Bread, protein (includes gluten)	0,41
20044	Rice, white, long-grain, regular, raw, enriched	0,41
20444	Rice, white, long-grain, regular, raw, unenriched	0,41
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0,41
20073	Wheat, soft red winter	0,41
21225	Pizza, cheese topping, rising crust, frozen, cooked	0,41
12143	Nuts, pecans, dry roasted, without salt added	0,41
12643	Nuts, pecans, dry roasted, with salt added	0,41
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0,41
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0,41
22962	LEAN POCKETS, Ham N Cheddar	0,41
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0,41
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0,41
20064	Rye flour, medium	0,41
21267	TACO BELL, BURRITO SUPREME with steak	0,41
01015	Cheese, cottage, lowfat, 2% milkfat	0,41
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0,41
20130	Barley flour or meal	0,41
25046	Snacks, bagel chips, plain	0,41
16050	Beans, white, mature seeds, cooked, boiled, without salt	0,41
16350	Beans, white, mature seeds, cooked, boiled, with salt	0,41
18038	Bread, oat bran, toasted	0,41
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	0,41
36041	Restaurant, Italian, lasagna with meat	0,41
22963	Lean Pockets, Meatballs & Mozzarella	0,41

NDB_No	Description	Alanine(g) Value Per
10007	Pork, fresh, separable fat, cooked	0,40
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0,40
20062	Rye grain	0,40
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0,40
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	0,40
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0,40
22973	Corn dogs, frozen, prepared	0,40
11955	Tomatoes, sun-dried	0,40
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0,40
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0,40
18297	Pancakes, special dietary, dry mix	0,40
21266	TACO BELL, BURRITO SUPREME with chicken	0,40
28295	Tortillas, ready-to-bake or -fry, whole wheat	0,40
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0,40
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0,40
20095	Pasta, fresh-refrigerated, spinach, as purchased	0,40
20126	Spaghetti, spinach, dry	0,40
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0,40
12144	Nuts, pecans, oil roasted, without salt added	0,40
12644	Nuts, pecans, oil roasted, with salt added	0,40
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0,40
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0,40
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0,40
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0,40
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0,40
12142	Nuts, pecans	0,40
16427	Tofu, raw, regular, prepared with calcium sulfate	0,40
21002	Fast foods, biscuit, with egg	0,40
36412	Restaurant, Latino, tamale, pork	0,40
11223	Drumstick leaves, cooked, boiled, drained, without salt	0,40
11786	Drumstick leaves, cooked, boiled, drained, with salt	0,40
18080	Bread sticks, plain	0,40
18220	Crackers, melba toast, plain	0,40
18424	Crackers, melba toast, plain, without salt	0,40
20054	Rice, white, glutinous, unenriched, uncooked	0,40
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0,40

NDB_No	Description	Alanine(g) Value Per
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0,39
18235	Crackers, whole-wheat	0,39
20105	Macaroni, vegetable, enriched, dry	0,39
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0,39
12005	Seeds, breadnut tree seeds, dried	0,39
19038	Snacks, popcorn, caramel-coated, with peanuts	0,39
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0,39
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0,39
18028	Bread, egg, toasted	0,39
18242	Croutons, plain	0,39
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0,39
25037	Snacks, pita chips, salted	0,39
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0,39
18081	Bread stuffing, bread, dry mix	0,39
19418	Snacks, sesame sticks, wheat-based, salted	0,39
19820	Snacks, sesame sticks, wheat-based, unsalted	0,39
12131	Nuts, macadamia nuts, raw	0,39
36043	CARRABBA'S ITALIAN GRILL, lasagne	0,39
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	0,39
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0,39
20005	Barley, pearled, raw	0,39
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0,39
18385	Bread, wheat germ, toasted	0,38
19022	Snacks, granola bars, soft, uncoated, raisin	0,38
01012	Cheese, cottage, creamed, large or small curd	0,38
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0,38
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0,38
18261	English muffins, mixed-grain, toasted (includes granola)	0,38
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0,38
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0,38
18270	Hush puppies, prepared from recipe	0,38
20050	Rice, white, medium-grain, raw, enriched	0,38
20450	Rice, white, medium-grain, raw, unenriched	0,38
12132	Nuts, macadamia nuts, dry roasted, without salt added	0,38
18007	Bagels, oat bran	0,38
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0,38

NDB_No	Description	Alanine(g) Value Per
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0,38
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0,38
36603	Restaurant, Chinese, beef and vegetables	0,38
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0,38
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0,38
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0,38
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0,38
18267	English muffins, whole-wheat, toasted	0,38
22953	Egg rolls, pork, refrigerated, heated	0,38
06006	Soup, bean with frankfurters, canned, condensed	0,38
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0,38
10105	Pork, fresh, variety meats and by-products, jowl, raw	0,38
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0,38
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0,38
18201	Cookies, peanut butter sandwich, special dietary	0,38
16070	Lentils, mature seeds, cooked, boiled, without salt	0,38
16370	Lentils, mature seeds, cooked, boiled, with salt	0,38
17284	Lamb, Australian, imported, fresh, separable fat, raw	0,38
20052	Rice, white, short-grain, enriched, uncooked	0,38
20452	Rice, white, short-grain, raw, unenriched	0,38
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0,38
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0,38
21258	BURGER KING, Premium Fish Sandwich	0,38
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0,38
21011	Fast foods, croissant, with egg and cheese	0,38
20028	Couscous, dry	0,37
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0,37
36050	Restaurant, Mexican, cheese enchilada	0,37
36626	Restaurant, Chinese, chicken and vegetables	0,37
01157	Cheese, goat, semisoft type	0,37
16015	Beans, black, mature seeds, cooked, boiled, without salt	0,37
16315	Beans, black, mature seeds, cooked, boiled, with salt	0,37
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0,37
19406	Snacks, granola bars, soft, uncoated, nut and raisin	0,37
20066	Semolina, enriched	0,37
20466	Semolina, unenriched	0,37

NDB_No	Description	Alanine(g) Value Per
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0,37
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0,37
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0,37
18036	Bread, multi-grain, toasted (includes whole-grain)	0,37
18050	Bread, reduced-calorie, oat bran, toasted	0,37
18037	Bread, oat bran	0,37
18185	Cookies, peanut butter, commercially prepared, regular	0,37
22529	Beef Pot Pie, frozen entree, prepared	0,37
08106	Cereals, CREAM OF WHEAT, instant, dry	0,37
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0,37
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0,37
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0,37
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0,37
19016	Snacks, granola bars, hard, almond	0,37
32006	Taquitos, frozen, chicken and cheese, oven-heated	0,37
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0,37
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0,37
16086	Peas, split, mature seeds, cooked, boiled, without salt	0,37
16386	Peas, split, mature seeds, cooked, boiled, with salt	0,37
18950	Crackers, wheat, reduced fat	0,37
20083	Wheat flour, white, bread, enriched	0,37
20129	Wheat flours, bread, unenriched	0,37
19020	Snacks, granola bars, soft, uncoated, plain	0,36
03682	Babyfood, cereal, high protein, prepared with whole milk	0,36
05286	Turkey and gravy, frozen	0,36
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0,36
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0,36
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0,36
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0,36
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0,36
18344	Rolls, dinner, egg	0,36
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0,36
23420	Beef, New Zealand, imported, intermuscular fat, raw	0,36
16145	Beans, kidney, red, mature seeds, canned, drained solids	0,36
18346	Rolls, dinner, rye	0,36
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0,36

NDB_No	Description	Alanine(g) Value Per
18030	Bread, french or vienna, toasted (includes sourdough)	0,36
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0,36
32007	Taquitos, frozen, beef and cheese, oven-heated	0,36
06051	Soup, pea, split with ham, canned, condensed	0,36
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0,36
18006	Bagels, cinnamon-raisin, toasted	0,36
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,36
18040	Bread, oatmeal, toasted	0,36
18243	Croutons, seasoned	0,36
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	0,36
18384	Bread, rice bran, toasted	0,36
32000	Rice and vermicelli mix, beef flavor, unprepared	0,36
11248	Lentils, sprouted, raw	0,36
18027	Bread, egg	0,36
18045	Bread, pumpernickel, toasted	0,36
18280	Muffins, corn, dry mix, prepared	0,36
19017	Snacks, granola bars, hard, chocolate chip	0,36
36623	Restaurant, Chinese, chicken chow mein	0,36
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0,36
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0,36
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0,35
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0,35
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0,35
21269	TACO BELL, Nachos Supreme	0,35
18003	Bagels, egg	0,35
18260	English muffins, mixed-grain (includes granola)	0,35
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0,35
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0,35
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0,35
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	0,35
18232	Crackers, wheat, regular	0,35
11311	Peas, green, canned, drained solids, rinsed in tap water	0,35
12058	Nuts, acorns, raw	0,35
18134	Cake, sponge, prepared from recipe	0,35
18266	English muffins, whole-wheat	0,35
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0,35

NDB_No	Description	Alanine(g) Value Per
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0,35
18265	English muffins, wheat, toasted	0,35
36413	Restaurant, Latino, black bean soup	0,35
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0,35
18400	Crackers, matzo, egg and onion	0,35
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0,35
18188	Cookies, peanut butter, refrigerated dough, baked	0,35
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0,35
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0,35
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0,35
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0,35
21023	Fast foods, french toast with butter	0,35
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0,35
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0,34
18189	Cookies, peanut butter, prepared from recipe	0,34
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0,34
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0,34
18042	Bread, pita, whole-wheat	0,34
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0,34
16039	Beans, navy, mature seeds, canned	0,34
18216	Crackers, crispbread, rye	0,34
18351	Rolls, hamburger or hotdog, mixed-grain	0,34
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0,34
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0,34
18190	Cookies, peanut butter sandwich, regular	0,34
19169	Egg custards, dry mix	0,34
28397	Bread, multi-grain (includes whole-grain)	0,34
19047	Snacks, pretzels, hard, plain, salted	0,34
03049	Babyfood, dinner, beef and rice, toddler	0,34
18345	Rolls, dinner, oat bran	0,34
21083	Fast foods, taco salad	0,34
18241	Croissants, cheese	0,34
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0,34
18283	Muffins, oat bran	0,34
20065	Rye flour, light	0,34
12001	Seeds, breadfruit seeds, raw	0,34

NDB_No	Description	Alanine(g) Value Per
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0,34
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0,34
12100	Nuts, chestnuts, european, dried, peeled	0,34
14214	Beverages, coffee, instant, regular, powder	0,34
16026	Beans, great northern, mature seeds, canned	0,34
16326	Beans, great northern, mature seeds, canned, low sodium	0,34
16132	Tofu, salted and fermented (fuyu)	0,33
18078	Bread, whole-wheat, prepared from recipe, toasted	0,33
18269	French toast, prepared from recipe, made with low fat (2%) milk	0,33
18005	Bagels, cinnamon-raisin	0,33
19403	Snacks, crisped rice bar, almond	0,33
20116	Noodles, japanese, somen, dry	0,33
03052	Babyfood, dinner, beef stew, toddler	0,33
20061	Rice flour, white, unenriched	0,33
20081	Wheat flour, white, all-purpose, enriched, bleached	0,33
20133	Rice noodles, dry	0,33
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0,33
20481	Wheat flour, white, all-purpose, unenriched	0,33
20581	Wheat flour, white, all-purpose, enriched, unbleached	0,33
18353	Rolls, hard (includes kaiser)	0,33
02043	Spices, turmeric, ground	0,33
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0,33
28348	Rolls, dinner, sweet	0,33
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0,33
11413	Potato flour	0,33
18039	Bread, oatmeal	0,33
18059	Bread, rice bran	0,33
18061	Bread, rye, toasted	0,33
21224	Pizza, cheese topping, regular crust, frozen, cooked	0,33
18457	Crackers, saltines, fat-free, low-sodium	0,33
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0,33
20093	Pasta, fresh-refrigerated, plain, as purchased	0,33
01021	Cheese, gjetost	0,32
18239	Croissants, butter	0,32
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0,32
12094	Nuts, chestnuts, chinese, dried	0,32

NDB_No	Description	Alanine(g) Value Per
18044	Bread, pumpernickel	0,32
18088	Cake, angelfood, dry mix, prepared	0,32
18339	Popovers, dry mix, enriched	0,32
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0,32
18447	Popovers, dry mix, unenriched	0,32
11658	Spinach souffle	0,32
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0,32
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0,32
18233	Crackers, wheat, sandwich, with cheese filling	0,32
18264	English muffins, wheat	0,32
18292	Pancakes, plain, dry mix, incomplete, prepared	0,32
21270	TACO BELL, Taco Salad	0,32
14218	Beverages, coffee, instant, decaffeinated, powder	0,32
18053	Bread, reduced-calorie, rye	0,32
01159	Cheese, goat, soft type	0,32
18225	Crackers, rye, sandwich-type with cheese filling	0,32
43441	Rolls, pumpernickel	0,32
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0,32
16136	Winged beans, mature seeds, cooked, boiled, without salt	0,32
16436	Winged beans, mature seeds, cooked, boiled, with salt	0,32
18228	Crackers, saltines (includes oyster, soda, soup)	0,32
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0,32
20082	Wheat flour, white, all-purpose, self-rising, enriched	0,32
15245	Mollusks, oyster, eastern, farmed, raw	0,32
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,32
18187	Cookies, peanut butter, refrigerated dough	0,32
18429	Crackers, whole-wheat, low salt	0,32
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,32
18348	Rolls, dinner, whole-wheat	0,31
20032	Millet, cooked	0,31
28290	Cookie, with peanut butter filling, chocolate-coated	0,31
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0,31
18049	Bread, reduced-calorie, oat bran	0,31
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	0,31
22908	Beef, corned beef hash, with potato, canned	0,31
06015	Soup, chicken, canned, chunky, ready-to-serve	0,31

NDB_No	Description	Alanine(g) Value Per
08172	Cereals, farina, unenriched, dry	0,31
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0,31
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0,31
18066	Bread, wheat bran	0,31
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0,31
18086	Cake, angelfood, commercially prepared	0,31
20086	Wheat flour, white, tortilla mix, enriched	0,31
36620	Restaurant, Chinese, shrimp and vegetables	0,31
16081	Mung beans, mature seeds, cooked, boiled, without salt	0,31
16381	Mung beans, mature seeds, cooked, boiled, with salt	0,31
18070	Bread, white, commercially prepared, toasted	0,31
18377	Cookies, oatmeal, prepared from recipe, without raisins	0,31
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0,31
18368	Wonton wrappers (includes egg roll wrappers)	0,31
18025	Bread, cracked-wheat	0,31
18217	Crackers, matzo, plain	0,31
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0,30
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0,30
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0,30
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0,30
16051	Beans, white, mature seeds, canned	0,30
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0,30
18077	Bread, whole-wheat, prepared from recipe	0,30
18214	Crackers, cheese, regular	0,30
18434	Crackers, cheese, low sodium	0,30
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0,30
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0,30
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0,30
05047	Chicken, broilers or fryers, separable fat, raw	0,30
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0,30
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0,30
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0,30
06070	Soup, chunky beef, canned, ready-to-serve	0,30
16008	Beans, baked, canned, with franks	0,30
18041	Bread, pita, white, enriched	0,30
18349	Rolls, french	0,30

NDB_No	Description	Alanine(g) Value Per
18413	Bread, pita, white, unenriched	0,30
18367	Waffles, plain, prepared from recipe	0,30
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0,30
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0,30
18060	Bread, rye	0,30
19421	Snacks, potato chips, cheese-flavor	0,30
03072	Babyfood, dinner, chicken stew, toddler	0,30
18927	Crackers, cheese, sandwich-type with cheese filling	0,30
22977	Lasagna with meat sauce, frozen, prepared	0,30
18268	French toast, frozen, ready-to-heat	0,30
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0,30
16023	Beans, french, mature seeds, cooked, boiled, without salt	0,30
16323	Beans, french, mature seeds, cooked, boiled, with salt	0,30
18240	Croissants, apple	0,30
36601	Restaurant, Chinese, egg rolls, assorted	0,30
11167	Corn, sweet, yellow, raw	0,30
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0,30
11900	Corn, sweet, white, raw	0,30
20087	Wheat, sprouted	0,30
16123	Soy sauce made from soy and wheat (shoyu)	0,29
06004	Soup, bean with pork, canned, condensed	0,29
11182	Corn, yellow, whole kernel, frozen, microwaved	0,29
18057	Bread, reduced-calorie, white	0,29
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0,29
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0,29
18184	Cookies, oatmeal, prepared from recipe, with raisins	0,29
18245	Danish pastry, cheese	0,29
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0,29
21078	Fast foods, nachos, with cheese	0,29
21268	TACO BELL, Nachos	0,29
02011	Spices, cloves, ground	0,29
16007	Beans, baked, canned, with beef	0,29
18048	Bread, raisin, enriched, toasted	0,29
18230	Crackers, standard snack-type, sandwich, with cheese filling	0,29
18954	Bread, pound cake type, pan de torta salvadoran	0,29
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0,29

NDB_No	Description	Alanine(g) Value Per
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0,29
18428	Crackers, wheat, low salt	0,29
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0,29
19061	Snacks, trail mix, tropical	0,29
11039	Lima beans, immature seeds, frozen, baby, unprepared	0,29
25045	Formulated bar, high fiber, chewy, oats and chocolate	0,29
16146	Beans, pinto, canned, drained solids	0,29
18347	Rolls, dinner, wheat	0,29
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0,29
21064	Fast foods, burrito, with beans, cheese, and beef	0,29
21265	TACO BELL, BURRITO SUPREME with beef	0,29
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0,28
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0,28
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0,28
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0,28
18279	Muffins, corn, commercially prepared	0,28
18033	Bread, italian	0,28
18183	Cookies, oatmeal, refrigerated dough, baked	0,28
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0,28
01031	Cheese, neufchatel	0,28
10165	Pork, cured, salt pork, raw	0,28
06049	Soup, pea, green, canned, condensed	0,28
12158	Seeds, breadfruit seeds, roasted	0,28
18236	Cracker meal	0,28
18284	Muffins, wheat bran, dry mix	0,28
18416	Bread, white, commercially prepared, low sodium, no salt	0,28
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0,28
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0,28
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0,28
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0,28
16165	MORI-NU, Tofu, silken, lite extra firm	0,28
01164	Cheese sauce, prepared from recipe	0,28
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0,28
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0,28
16163	MORI-NU, Tofu, silken, extra firm	0,28
18965	Crackers, cheese, reduced fat	0,28

NDB_No	Description	Alanine(g) Value Per
18180	Cookies, oatmeal, dry mix	0,28
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0,28
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0,28
18179	Cookies, oatmeal, commercially prepared, soft-type	0,28
21264	TACO BELL, Bean Burrito	0,28
16018	Beans, black turtle, mature seeds, canned	0,27
16316	Beans, black, mature seeds, canned, low sodium	0,27
18051	Bread, reduced-calorie, oatmeal	0,27
18244	Danish pastry, cinnamon, enriched	0,27
18430	Danish pastry, cinnamon, unenriched	0,27
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0,27
01095	Milk, canned, condensed, sweetened	0,27
01161	Cheese substitute, mozzarella	0,27
22906	Chicken pot pie, frozen entree, prepared	0,27
02021	Spices, ginger, ground	0,27
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0,27
11656	Corn pudding, home prepared	0,27
12004	Seeds, breadnut tree seeds, raw	0,27
12114	Nuts, coconut meat, dried (desiccated), toasted	0,27
12177	Nuts, coconut meat, dried (desiccated), creamed	0,27
15167	Mollusks, oyster, eastern, wild, raw	0,27
18154	Cookies, brownies, prepared from recipe	0,27
19352	Syrups, malt	0,27
22916	Lasagna with meat & sauce, frozen entree	0,27
01109	Milk, sheep, fluid	0,27
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0,27
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0,27
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0,27
18403	Waffles, plain, frozen, ready -to-heat, toasted	0,27
06064	Soup, turkey, chunky, canned, ready-to-serve	0,27
11672	Potato pancakes	0,27
12204	Nuts, chestnuts, japanese, roasted	0,27
18047	Bread, raisin, enriched	0,27
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0,27
18355	Sweet rolls, cheese	0,27
18414	Bread, raisin, unenriched	0,27

NDB_No	Description	Alanine(g) Value Per
36418	Restaurant, Mexican, refried beans	0,27
16162	MORI-NU, Tofu, silken, firm	0,27
03043	Babyfood, dinner, beef lasagna, toddler	0,26
16059	Chili with beans, canned	0,26
16173	Frijoles rojos volteados (Refried beans, red, canned)	0,26
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0,26
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0,26
18156	Cookies, fudge, cake-type (includes trolley cakes)	0,26
19010	Snacks, crisped rice bar, chocolate chip	0,26
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0,26
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0,26
08156	Cereals ready-to-eat, rice, puffed, fortified	0,26
18010	Biscuits, plain or buttermilk, dry mix	0,26
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0,26
11031	Lima beans, immature seeds, raw	0,26
08100	Cereals, CREAM OF RICE, dry	0,26
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0,26
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0,26
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0,26
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0,26
18390	Pancakes, buttermilk, prepared from recipe	0,26
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0,26
11231	Jute, potherb, raw	0,26
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0,26
21419	KFC, biscuit	0,26
11046	Beans, navy, mature seeds, sprouted, raw	0,26
18103	Coffeecake, cheese	0,26
18178	Cookies, oatmeal, commercially prepared, regular	0,26
18182	Cookies, oatmeal, refrigerated dough	0,26
21060	Fast foods, burrito, with beans	0,26
36631	OLIVE GARDEN, spaghetti with meat sauce	0,26
06071	Soup, vegetable beef, canned, condensed	0,25
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0,25
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0,25
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0,25
18147	Cheesecake commercially prepared	0,25

NDB_No	Description	Alanine(g) Value Per
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0,25
28292	Crackers, multigrain	0,25
16073	Lima beans, large, mature seeds, canned	0,25
18451	Cake, pound, commercially prepared, fat-free	0,25
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0,25
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0,25
21388	Fast foods, miniature cinnamon rolls	0,25
11284	Onions, dehydrated flakes	0,25
18932	Waffles, buttermilk, frozen, ready-to-heat	0,25
11432	Radishes, oriental, dried	0,25
16164	MORI-NU, Tofu, silken, lite firm	0,25
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0,25
18271	Ice cream cones, cake or wafer-type	0,25
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0,25
20115	Noodles, japanese, soba, cooked	0,25
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0,25
12127	Nuts, ginkgo nuts, raw	0,25
20084	Wheat flour, white, cake, enriched	0,25
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0,25
36630	Restaurant, Italian, spaghetti with meat sauce	0,25
18223	Crackers, milk	0,25
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0,25
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0,24
11245	Lambsquarters, cooked, boiled, drained, without salt	0,24
11316	Peas, mature seeds, sprouted, raw	0,24
11794	Lambsquarters, cooked, boiled, drained, with salt	0,24
18065	Bread, wheat, toasted	0,24
18281	Muffins, corn, toaster-type	0,24
18293	Pancakes, plain, prepared from recipe	0,24
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0,24
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0,24
25040	Snacks, vegetable chips, made from garden vegetables	0,24
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0,24
18971	Bread, potato	0,24
43274	Cheese, cream, low fat	0,24
18272	Ice cream cones, sugar, rolled-type	0,24

NDB_No	Description	Alanine(g) Value Per
22905	Beef stew, canned entree	0,24
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0,24
12003	Seeds, breadfruit seeds, boiled	0,24
14222	Beverages, coffee, instant, with chicory	0,24
18365	Waffles, plain, frozen, ready-to-heat	0,24
36602	Restaurant, Chinese, fried rice, without meat	0,24
11304	Peas, green, raw	0,24
25012	Snacks, sweet potato chips, unsalted	0,24
11987	Mushrooms, oyster, raw	0,24
12205	Seeds, lotus seeds, raw	0,24
18011	Biscuits, plain or buttermilk, dry mix, prepared	0,24
16029	Beans, kidney, all types, mature seeds, canned	0,24
18157	Cookies, chocolate wafers	0,24
18427	Crackers, standard snack-type, regular, low salt	0,24
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0,24
11305	Peas, green, cooked, boiled, drained, without salt	0,24
11501	Succotash, (corn and limas), frozen, unprepared	0,24
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0,24
11811	Peas, green, cooked, boiled, drained, with salt	0,24
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0,24
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0,24
19913	Candies, NESTLE, BUTTERFINGER Crisp	0,24
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0,24
16005	Beans, baked, home prepared	0,24
18254	Doughnuts, yeast-leavened, with creme filling	0,24
20657	Pasta, gluten-free, corn and rice flour, cooked	0,24
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0,24
01153	Milk, canned, evaporated, with added vitamin A	0,24
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0,24
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0,24
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0,24
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0,24
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0,23
18076	Bread, whole-wheat, commercially prepared, toasted	0,23
18294	Pancakes, blueberry, prepared from recipe	0,23
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0,23

NDB_No	Description	Alanine(g) Value Per
16021	Beans, cranberry (roman), mature seeds, canned	0,23
11312	Peas, green, frozen, unprepared	0,23
18133	Cake, sponge, commercially prepared	0,23
36411	Restaurant, Latino, tamale, corn	0,23
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0,23
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0,23
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0,23
16103	Refried beans, canned, traditional style (includes USDA commodity)	0,23
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0,23
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0,23
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0,23
18317	Pie, egg custard, commercially prepared	0,23
18338	Phyllo dough	0,23
18352	Rolls, hamburger or hotdog, reduced-calorie	0,23
11088	Broadbeans, immature seeds, raw	0,23
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0,23
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0,23
02045	Dill weed, fresh	0,23
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0,23
18211	Puff pastry, frozen, ready-to-bake, baked	0,23
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0,23
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0,23
16403	Refried beans, canned, traditional, reduced sodium	0,23
18016	Biscuits, plain or buttermilk, prepared from recipe	0,23
18032	Bread, irish soda, prepared from recipe	0,23
18106	Coffeecake, fruit	0,23
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,22
01287	Yogurt, Greek, plain, lowfat	0,22
18229	Crackers, standard snack-type, regular	0,22
21386	BURGER KING, french toast sticks	0,22
16054	Broadbeans (fava beans), mature seeds, canned	0,22
18155	Cookies, butter, commercially prepared, enriched	0,22
18337	Puff pastry, frozen, ready-to-bake	0,22
18421	Cookies, butter, commercially prepared, unenriched	0,22
18290	Pancakes, plain, dry mix, complete, prepared	0,22
18325	Pie, pecan, prepared from recipe	0,22

NDB_No	Description	Alanine(g) Value Per
20089	Wild rice, cooked	0,22
09041	Bananas, dehydrated, or banana powder	0,22
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0,22
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0,22
16003	Beans, adzuki, mature seeds, canned, sweetened	0,22
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	0,22
16009	Beans, baked, canned, with pork	0,22
18963	Garlic bread, frozen	0,22
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0,22
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0,22
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0,22
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0,22
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0,22
18101	Cake, chocolate, prepared from recipe without frosting	0,22
19422	Snacks, potato chips, reduced fat	0,22
18151	Cookies, brownies, commercially prepared	0,22
18256	Doughnuts, yeast-leavened, with jelly filling	0,22
11463	Spinach, frozen, chopped or leaf, unprepared	0,22
20143	Teff, cooked	0,22
22401	Spaghetti with meat sauce, frozen entree	0,22
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0,22
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0,22
18121	Cake, pound, commercially prepared, other than all butter, enriched	0,22
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0,22
09246	Peaches, dried, sulfured, uncooked	0,22
11263	Mushrooms, white, stir-fried	0,22
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0,22
18139	Cake, white, prepared from recipe without frosting	0,22
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0,22
22910	Lasagna, cheese, frozen, prepared	0,22
19411	Snacks, potato chips, plain, salted	0,21
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	0,21
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	0,21
19811	Snacks, potato chips, plain, unsalted	0,21
12096	Nuts, chestnuts, chinese, roasted	0,21
16137	Hummus, home prepared	0,21

NDB_No	Description	Alanine(g) Value Per
19410	Snack, potato chips, made from dried potatoes, plain	0,21
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0,21
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0,21
12167	Nuts, chestnuts, european, roasted	0,21
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0,21
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0,21
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0,21
43261	Yogurt, fruit variety, nonfat	0,21
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0,21
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0,21
01286	Yogurt, Greek, vanilla, nonfat	0,21
01295	Yogurt, vanilla, non-fat	0,21
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0,21
20139	Wheat, KAMUT khorasan, cooked	0,21
18332	Pie crust, standard-type, dry mix	0,21
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0,21
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0,21
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0,21
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0,21
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0,21
11184	Corn with red and green peppers, canned, solids and liquids	0,21
18208	Cookies, sugar, prepared from recipe, made with margarine	0,21
18386	Muffins, blueberry, toaster-type, toasted	0,21
19039	Snacks, popcorn, caramel-coated, without peanuts	0,21
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0,21
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0,21
22956	Lasagna, Vegetable, frozen, baked	0,21
18146	Cake, yellow, prepared from recipe without frosting	0,21
18336	Pie crust, standard-type, prepared from recipe, baked	0,21
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0,20
18017	Biscuits, mixed grain, refrigerated dough	0,20
03689	Babyfood, cereal, oatmeal, prepared with whole milk	0,20
12202	Nuts, chestnuts, japanese, raw	0,20
16006	Beans, baked, canned, plain or vegetarian	0,20
18021	Bread, boston brown, canned	0,20
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0,20

NDB_No	Description	Alanine(g) Value Per
18333	Pie crust, standard-type, dry mix, prepared, baked	0,20
06040	Soup, minestrone, canned, condensed	0,20
11232	Jute, potherb, cooked, boiled, drained, without salt	0,20
11789	Jute, potherb, cooked, boiled, drained, with salt	0,20
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0,20
06249	Soup, pea, green, canned, prepared with equal volume milk	0,20
12093	Nuts, chestnuts, chinese, raw	0,20
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0,20
19109	Candies, KIT KAT Wafer Bar	0,20
36040	CRACKER BARREL, macaroni n' cheese	0,20
01057	Eggnog	0,20
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0,20
11260	Mushrooms, white, raw	0,20
18316	Pie, coconut custard, commercially prepared	0,20
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0,20
18009	Biscuits, plain or buttermilk, frozen, baked	0,20
18126	Cake, shortcake, biscuit-type, prepared from recipe	0,20
20092	Pasta, gluten-free, corn, cooked	0,20
11813	Peas, green, canned, no salt added, drained solids	0,20
18186	Cookies, peanut butter, commercially prepared, soft-type	0,20
18200	Cookies, oatmeal, commercially prepared, special dietary	0,20
18277	Muffins, blueberry, toaster-type	0,20
19080	Candies, semisweet chocolate	0,20
19701	Candies, semisweet chocolate, made with butter	0,20
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0,20
02064	Peppermint, fresh	0,20
11297	Parsley, fresh	0,20
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0,20
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0,20
18324	Pie, pecan, commercially prepared	0,20
20421	Pasta, cooked, unenriched, without added salt	0,20
20521	Pasta, cooked, unenriched, with added salt	0,20
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0,19
16161	MORI-NU, Tofu, silken, soft	0,19
16004	Yokan, prepared from adzuki beans and sugar	0,19
20121	Pasta, cooked, enriched, without added salt	0,19

NDB_No	Description	Alanine(g) Value Per
20321	Pasta, cooked, enriched, with added salt	0,19
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0,19
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0,19
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0,19
18433	Danish pastry, lemon, unenriched	0,19
18435	Danish pastry, raspberry, unenriched	0,19
20010	Buckwheat groats, roasted, cooked	0,19
11950	Mushrooms, enoki, raw	0,19
16010	Beans, baked, canned, with pork and sweet sauce	0,19
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0,19
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0,19
19367	Toppings, nuts in syrup	0,19
16044	Beans, pinto, mature seeds, canned, solids and liquids	0,19
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0,19
18250	Doughnuts, cake-type, plain, sugared or glazed	0,19
11905	Corn, sweet, white, canned, whole kernel, drained solids	0,19
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0,19
18212	Cookies, vanilla wafers, lower fat	0,19
21415	POPEYES, biscuit	0,19
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0,19
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0,19
01284	Yogurt, Greek, strawberry, lowfat	0,19
01285	Yogurt, Greek, strawberry, nonfat	0,19
11266	Mushrooms, brown, italian, or crimini, raw	0,19
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0,19
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0,19
20097	Pasta, homemade, made with egg, cooked	0,19
20125	Pasta, whole-wheat, cooked	0,19
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0,18
11243	Mushrooms, portabella, grilled	0,18
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0,18
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0,18
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0,18
16011	Beans, baked, canned, with pork and tomato sauce	0,18
22912	Spaghetti, with meatballs in tomato sauce, canned	0,18
01017	Cheese, cream	0,18

NDB_No	Description	Alanine(g) Value Per
18402	Pie crust, standard-type, prepared from recipe, unbaked	0,18
19096	Ice creams, vanilla, light, soft-serve	0,18
18102	Cake, white, prepared from recipe with coconut frosting	0,18
20137	Quinoa, cooked	0,18
18105	Coffeecake, creme-filled with chocolate frosting	0,18
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0,18
02026	Spices, onion powder	0,18
18092	Cake, pudding-type, carrot, dry mix	0,18
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0,18
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0,18
18166	Cookies, chocolate sandwich, with creme filling, regular	0,18
18951	Waffles, chocolate chip, frozen, ready-to-heat	0,18
18964	Cinnamon buns, frosted (includes honey buns)	0,18
19081	Candies, sweet chocolate	0,18
19116	Candies, marshmallows	0,18
36613	DENNY'S, macaroni & cheese, from kid's menu	0,18
20096	Pasta, fresh-refrigerated, spinach, cooked	0,18
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0,18
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0,18
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0,18
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0,18
20112	Noodles, egg, spinach, enriched, cooked	0,18
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0,18
06009	Soup, beef noodle, canned, condensed	0,18
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0,18
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0,18
18164	Cookies, chocolate chip, refrigerated dough, baked	0,18
11029	Beans, kidney, mature seeds, sprouted, raw	0,17
18213	Cookies, vanilla wafers, higher fat	0,17
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0,17
02063	Rosemary, fresh	0,17
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,17
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0,17
11326	Peas and onions, frozen, unprepared	0,17
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0,17
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	0,17

NDB_No	Description	Alanine(g) Value Per
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0,17
18148	Cheesecake prepared from mix, no-bake type	0,17
02065	Spearmint, fresh	0,17
18206	Cookies, sugar, refrigerated dough, baked	0,17
18327	Pie, pumpkin, prepared from recipe	0,17
18940	Muffin, blueberry, commercially prepared, low-fat	0,17
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0,17
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0,17
10004	Pork, fresh, backfat, raw	0,17
12104	Nuts, coconut meat, raw	0,17
18019	Bread, banana, prepared from recipe, made with margarine	0,17
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0,17
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0,17
11574	Turnip greens, frozen, unprepared	0,17
18172	Cookies, gingersnaps	0,17
18328	Pie, vanilla cream, prepared from recipe	0,17
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0,17
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0,17
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0,17
36417	Restaurant, Mexican, spanish rice	0,17
06025	Soup, chicken vegetable, canned, condensed	0,17
11265	Mushrooms, portabella, raw	0,17
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0,17
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0,17
20047	Rice, white, long-grain, parboiled, enriched, cooked	0,17
11238	Mushrooms, shiitake, raw	0,17
18097	Cake, pudding-type, chocolate, dry mix	0,17
18177	Cookies, molasses	0,17
36031	DENNY'S, onion rings	0,17
02010	Spices, cinnamon, ground	0,17
18321	Pie, lemon meringue, prepared from recipe	0,17
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0,17
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0,17
11267	Mushrooms, shiitake, stir-fried	0,16
20110	Noodles, egg, enriched, cooked	0,16
20310	Noodles, egg, cooked, enriched, with added salt	0,16

NDB_No	Description	Alanine(g) Value Per
20410	Noodles, egg, unenriched, cooked, without added salt	0,16
20510	Noodles, egg, cooked, unenriched, with added salt	0,16
01236	Ice cream, soft serve, chocolate	0,16
02046	Mustard, prepared, yellow	0,16
06061	Soup, tomato beef with noodle, canned, condensed	0,16
19090	Ice creams, french vanilla, soft-serve	0,16
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0,16
18193	Cookies, shortbread, commercially prepared, pecan	0,16
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0,16
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0,16
11967	Cauliflower, green, cooked, no salt added	0,16
11968	Cauliflower, green, cooked, with salt	0,16
12097	Nuts, chestnuts, european, raw, unpeeled	0,16
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0,16
11174	Corn, sweet, yellow, canned, cream style, regular pack	0,16
11772	Corn, sweet, yellow, canned, cream style, no salt added	0,16
11906	Corn, sweet, white, canned, cream style, regular pack	0,16
11907	Corn, sweet, white, canned, cream style, no salt added	0,16
18163	Cookies, chocolate chip, refrigerated dough	0,16
28294	Cookie, chocolate, with icing or coating	0,16
09172	Longans, raw	0,16
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0,16
11373	Potatoes, au gratin, home-prepared from recipe using butter	0,16
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0,16
11965	Cauliflower, green, raw	0,16
19205	Egg custards, dry mix, prepared with 2% milk	0,16
20045	Rice, white, long-grain, regular, enriched, cooked	0,16
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0,16
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0,16
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0,16
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0,16
18152	Cookies, brownies, dry mix, regular	0,16
18304	Pie, banana cream, prepared from recipe	0,16
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0,15
11322	Peas and carrots, frozen, unprepared	0,15
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0,15

NDB_No	Description	Alanine(g) Value Per
18191	Cookies, raisin, soft-type	0,15
18205	Cookies, sugar, refrigerated dough	0,15
21032	Fast foods, sundae, caramel	0,15
01070	Dessert topping, powdered	0,15
03685	Babyfood, cereal, mixed, prepared with whole milk	0,15
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0,15
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0,15
11018	Asparagus, frozen, unprepared	0,15
19246	Frostings, white, fluffy, dry mix	0,15
20037	Rice, brown, long-grain, cooked	0,15
01069	Cream substitute, powdered	0,15
18114	Cake, gingerbread, dry mix	0,15
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0,15
18326	Pie, pumpkin, commercially prepared	0,15
18453	Cake, yellow, light, dry mix	0,15
28293	Cookie, butter or sugar, with chocolate icing or filling	0,15
36026	CRACKER BARREL, onion rings, thick-cut	0,15
03287	Babyfood, dinner, beef noodle, junior	0,15
11097	Broccoli raab, cooked	0,15
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0,15
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0,15
20034	Oat bran, cooked	0,15
20094	Pasta, fresh-refrigerated, plain, cooked	0,15
36036	Restaurant, family style, onion rings	0,15
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0,15
11156	Chives, raw	0,15
18170	Cookies, fig bars	0,15
11458	Spinach, cooked, boiled, drained, without salt	0,15
11576	Turnip greens and turnips, frozen, unprepared	0,15
11854	Spinach, cooked, boiled, drained, with salt	0,15
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0,15
18107	Coffeecake, cinnamon with crumb topping, dry mix	0,15
18141	Cake, yellow, commercially prepared, with vanilla frosting	0,15
18275	Muffins, blueberry, dry mix	0,15
19074	Candies, caramels	0,15
19393	Frozen yogurts, chocolate, soft-serve	0,15

NDB_No	Description	Alanine(g) Value Per
03053	Babyfood, dinner, vegetables and beef, strained	0,15
19170	Egg custards, dry mix, prepared with whole milk	0,15
11497	Succotash, (corn and limas), canned, with cream style corn	0,14
18116	Cake, gingerbread, prepared from recipe	0,14
11956	Tomatoes, sun-dried, packed in oil, drained	0,14
18112	Cake, pudding-type, german chocolate, dry mix	0,14
11236	Kale, frozen, cooked, boiled, drained, without salt	0,14
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0,14
11583	Vegetables, mixed, frozen, unprepared	0,14
11791	Kale, frozen, cooked, boiled, drained, with salt	0,14
18161	Cookies, chocolate chip, dry mix	0,14
11324	Peas and onions, canned, solids and liquids	0,14
11457	Spinach, raw	0,14
11953	Squash, zucchini, baby, raw	0,14
11622	Kale, scotch, raw	0,14
11812	Peas, green, canned, no salt added, solids and liquids	0,14
22955	Egg rolls, vegetable, frozen, prepared	0,14
06072	Soup, vegetable with beef broth, canned, condensed	0,14
11261	Mushrooms, white, cooked, boiled, drained, without salt	0,14
11797	Mushrooms, white, cooked, boiled, drained, with salt	0,14
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0,14
11003	Amaranth leaves, raw	0,14
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0,14
11461	Spinach, canned, regular pack, drained solids	0,14
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0,14
18085	Bread stuffing, cornbread, dry mix, prepared	0,14
42189	Milk, buttermilk, fluid, cultured, reduced fat	0,14
20051	Rice, white, medium-grain, enriched, cooked	0,14
20451	Rice, white, medium-grain, cooked, unenriched	0,14
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0,14
11310	Peas, green, canned, seasoned, solids and liquids	0,14
11591	Watercress, raw	0,14
12095	Nuts, chestnuts, chinese, boiled and steamed	0,14
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0,14
20053	Rice, white, short-grain, enriched, cooked	0,14
20127	Spaghetti, spinach, cooked	0,14

NDB_No	Description	Alanine(g) Value Per
20453	Rice, white, short-grain, cooked, unenriched	0,14
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0,14
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0,14
11306	Peas, green, canned, regular pack, solids and liquids	0,14
11669	Seaweed, wakame, raw	0,14
19089	Ice creams, vanilla, rich	0,14
21034	Fast foods, sundae, strawberry	0,14
36022	APPLEBEE'S, crunchy onion rings	0,14
14632	Beverages, Meal supplement drink, canned, peanut flavor	0,14
18171	Cookies, fortune	0,14
18210	Cookies, vanilla sandwich with creme filling	0,14
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0,14
20041	Rice, brown, medium-grain, cooked	0,14
20106	Macaroni, vegetable, enriched, cooked	0,14
09094	Figs, dried, uncooked	0,13
11235	Kale, frozen, unprepared	0,13
18128	Cake, snack cakes, creme-filled, sponge	0,13
18144	Cake, yellow, enriched, dry mix	0,13
18174	Cookies, graham crackers, chocolate-coated	0,13
18209	Cookies, sugar wafers with creme filling, regular	0,13
18420	Cake, yellow, unenriched, dry mix	0,13
19220	Desserts, rennin, chocolate, dry mix	0,13
01111	Milk shakes, thick vanilla	0,13
03054	Babyfood, dinner, vegetables and beef, junior	0,13
11546	Tomato products, canned, paste, without salt added	0,13
12101	Nuts, chestnuts, european, boiled and steamed	0,13
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0,13
01108	Milk, indian buffalo, fluid	0,13
02044	Basil, fresh	0,13
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0,13
11215	Garlic, raw	0,13
11616	Dock, raw	0,13
16130	Okara	0,13
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0,13
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0,13
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0,13

NDB_No	Description	Alanine(g) Value Per
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0,13
12129	Nuts, ginkgo nuts, canned	0,13
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0,13
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0,13
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0,13
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0,13
36404	Restaurant, Latino, arroz con leche (rice pudding)	0,13
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0,13
11094	Broccoli, frozen, spears, unprepared	0,13
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0,13
19293	Frozen yogurts, vanilla, soft-serve	0,13
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0,13
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0,13
09139	Guavas, common, raw	0,13
18119	Cake, pineapple upside-down, prepared from recipe	0,13
19173	Gelatin desserts, dry mix, prepared with water	0,13
20098	Pasta, homemade, made without egg, cooked	0,13
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,13
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,13
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0,13
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0,13
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0,13
14347	Shake, fast food, vanilla	0,13
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0,13
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0,13
03694	Babyfood, cereal, rice, prepared with whole milk	0,12
06211	Soup, cheese, canned, prepared with equal volume milk	0,12
11012	Asparagus, cooked, boiled, drained	0,12
11705	Asparagus, cooked, boiled, drained, with salt	0,12
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0,12
18110	Cake, fruitcake, commercially prepared	0,12
18303	Pie, banana cream, prepared from mix, no-bake type	0,12
03681	Babyfood, cereal, barley, prepared with whole milk	0,12
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0,12
11026	Bamboo shoots, raw	0,12
11096	Broccoli raab, raw	0,12

NDB_No	Description	Alanine(g) Value Per
11414	Potato salad, home-prepared	0,12
11993	Mushrooms, maitake, raw	0,12
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0,12
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0,12
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0,12
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0,12
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0,12
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0,12
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0,12
11445	Seaweed, kelp, raw	0,12
18142	Cake, pudding-type, yellow, dry mix	0,12
18198	Cookies, chocolate chip, commercially prepared, special dietary	0,12
25060	Snack, Pretzel, hard chocolate coated	0,12
09039	Avocados, raw, Florida	0,12
19095	Ice creams, vanilla	0,12
19898	Ice creams, regular, low carbohydrate, vanilla	0,12
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0,12
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0,12
03067	Babyfood, dinner, vegetables and lamb, junior	0,12
06017	Soup, chicken gumbo, canned, condensed	0,12
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0,12
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0,12
11264	Mushrooms, canned, drained solids	0,12
11004	Amaranth leaves, cooked, boiled, drained, without salt	0,12
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0,12
11700	Amaranth leaves, cooked, boiled, drained, with salt	0,12
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0,12
18135	Cake, pudding-type, white, enriched, dry mix	0,12
18160	Cookies, chocolate chip, commercially prepared, soft-type	0,12
18419	Cake, pudding-type, white, unenriched, dry mix	0,12
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0,12
21033	Fast foods, sundae, hot fudge	0,12
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0,12
01106	Milk, goat, fluid, with added vitamin D	0,12
06016	Soup, cream of chicken, canned, condensed	0,12
11092	Broccoli, frozen, chopped, unprepared	0,12

NDB_No	Description	Alanine(g) Value Per
11740	Broccoli, flower clusters, raw	0,12
11741	Broccoli, stalks, raw	0,12
18095	Cake, cherry fudge with chocolate frosting	0,12
18117	Cake, pudding-type, marble, dry mix	0,12
03127	Babyfood, vegetables, spinach, creamed, strained	0,12
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0,12
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0,12
20055	Rice, white, glutinous, unenriched, cooked	0,12
20117	Noodles, japanese, somen, cooked	0,12
01056	Cream, sour, cultured	0,12
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0,12
11135	Cauliflower, raw	0,12
11163	Collards, frozen, chopped, unprepared	0,12
14428	Beverages, shake, fast food, strawberry	0,12
18354	Strudel, apple	0,12
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0,12
01060	Milk, filled, fluid, with lauric acid oil	0,12
11011	Asparagus, raw	0,12
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0,12
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0,11
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,11
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0,11
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0,11
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,11
03066	Babyfood, dinner, vegetables and lamb, strained	0,11
11091	Broccoli, cooked, boiled, drained, without salt	0,11
11742	Broccoli, cooked, boiled, drained, with salt	0,11
01078	Milk, producer, fluid, 3.7% milkfat	0,11
11124	Carrots, raw	0,11
11677	Shallots, raw	0,11
19524	Snacks, taro chips	0,11
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0,11
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,11
01088	Milk, buttermilk, fluid, cultured, lowfat	0,11
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0,11
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,11

NDB_No	Description	Alanine(g) Value Per
06165	Sauce, homemade, white, thin	0,11
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0,11
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0,11
11581	Vegetables, mixed, canned, drained solids	0,11
11961	Hearts of palm, canned	0,11
20029	Couscous, cooked	0,11
36610	DENNY'S, french fries	0,11
01054	Cream, whipped, cream topping, pressurized	0,11
09032	Apricots, dried, sulfured, uncooked	0,11
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0,11
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0,11
21248	WENDY'S, Frosty Dairy Dessert	0,11
09037	Avocados, raw, all commercial varieties	0,11
11224	Hyacinth-beans, immature seeds, raw	0,11
11503	Swamp cabbage, (skunk cabbage), raw	0,11
12098	Nuts, chestnuts, european, raw, peeled	0,11
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0,11
20013	Bulgur, cooked	0,11
36014	Restaurant, family style, french fries	0,11
01230	Milk, buttermilk, fluid, whole	0,11
11514	Sweet potato, canned, mashed	0,11
28291	Cookies, animal, with frosting or icing	0,11
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0,11
01089	Milk, low sodium, fluid	0,11
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0,11
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0,11
03283	Babyfood, vegetables, garden vegetable, strained	0,11
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0,11
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0,11
18253	Doughnuts, french crullers, glazed	0,11
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0,11
20030	Hominy, canned, white	0,11
20330	Hominy, canned, yellow	0,11
21387	BURGER KING, Hash Brown Rounds	0,11
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0,11
09038	Avocados, raw, California	0,11

NDB_No	Description	Alanine(g) Value Per
11137	Cauliflower, frozen, unprepared	0,11
01110	Milk shakes, thick chocolate	0,10
06166	Sauce, homemade, white, medium	0,10
09298	Raisins, seedless	0,10
11161	Collards, raw	0,10
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0,10
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0,10
11090	Broccoli, raw	0,10
11459	Spinach, canned, regular pack, solids and liquids	0,10
11855	Spinach, canned, no salt added, solids and liquids	0,10
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0,10
16120	Soymilk, original and vanilla, unfortified	0,10
16166	Soymilk, chocolate, unfortified	0,10
21249	BURGER KING, french fries	0,10
06440	Soup, minestrone, canned, prepared with equal volume water	0,10
11568	Turnip greens, raw	0,10
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0,10
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0,10
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0,10
01105	Milk, chocolate beverage, hot cocoa, homemade	0,10
11295	Onion rings, breaded, par fried, frozen, unprepared	0,10
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0,10
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0,10
01055	Cream, sour, reduced fat, cultured	0,10
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,10
11015	Asparagus, canned, drained solids	0,10
01049	Cream, fluid, half and half	0,10
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0,10
18082	Bread stuffing, bread, dry mix, prepared	0,10
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0,10
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0,10
19247	Frostings, white, fluffy, dry mix, prepared with water	0,10
20134	Rice noodles, cooked	0,10
11043	Mung beans, mature seeds, sprouted, raw	0,10
11399	Potato puffs, frozen, oven-heated	0,10
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0,10

NDB_No	Description	Alanine(g) Value Per
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0,10
14182	Beverages, chocolate syrup, prepared with whole milk	0,10
18946	Pie crust, refrigerated, regular, baked	0,10
06167	Sauce, homemade, white, thick	0,10
11318	Peas and carrots, canned, regular pack, solids and liquids	0,10
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0,10
11816	Peas and carrots, canned, no salt added, solids and liquids	0,10
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0,10
18090	Cake, boston cream pie, commercially prepared	0,10
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0,10
19199	Puddings, tapioca, dry mix, prepared with whole milk	0,10
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0,10
11136	Cauliflower, cooked, boiled, drained, without salt	0,10
11761	Cauliflower, cooked, boiled, drained, with salt	0,10
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0,10
18314	Pie, coconut cream, prepared from mix, no-bake type	0,10
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0,10
11234	Kale, cooked, boiled, drained, without salt	0,10
11790	Kale, cooked, boiled, drained, with salt	0,10
18196	Cookies, brownies, dry mix, sugar free	0,10
19208	Puddings, rice, dry mix, prepared with 2% milk	0,10
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0,10
09181	Melons, cantaloupe, raw	0,10
11087	Beet greens, cooked, boiled, drained, without salt	0,10
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0,10
11623	Kale, scotch, cooked, boiled, drained, without salt	0,10
11736	Beet greens, cooked, boiled, drained, with salt	0,10
11792	Kale, scotch, cooked, boiled, drained, with salt	0,10
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0,10
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0,10
19195	Puddings, rice, dry mix, prepared with whole milk	0,10
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0,10
01050	Cream, fluid, light (coffee cream or table cream)	0,09
06024	Soup, chicken and vegetable, canned, ready-to-serve	0,09
11372	Potatoes, scalloped, home-prepared with butter	0,09
11517	Sweet potato, frozen, cooked, baked, without salt	0,09

NDB_No	Description	Alanine(g) Value Per
11844	Potatoes, scalloped, home-prepared with margarine	0,09
11877	Sweet potato, frozen, cooked, baked, with salt	0,09
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0,09
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0,09
11125	Carrots, cooked, boiled, drained, without salt	0,09
11370	Potatoes, hash brown, home-prepared	0,09
11516	Sweet potato, frozen, unprepared	0,09
11570	Turnip greens, canned, solids and liquids	0,09
11757	Carrots, cooked, boiled, drained, with salt	0,09
18202	Cookies, sugar wafer, with creme filling, sugar free	0,09
18319	Pie, fried pies, fruit	0,09
18444	Pie, fried pies, cherry	0,09
18445	Pie, fried pies, lemon	0,09
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0,09
27001	Soup, hot and sour, Chinese restaurant	0,09
01053	Cream, fluid, heavy whipping	0,09
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0,09
13335	Beef, variety meats and by-products, suet, raw	0,09
18306	Pie, blueberry, prepared from recipe	0,09
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0,09
11162	Collards, cooked, boiled, drained, without salt	0,09
11398	Potato puffs, frozen, unprepared	0,09
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0,09
11768	Collards, cooked, boiled, drained, with salt	0,09
11876	Sweet potato, cooked, boiled, without skin, with salt	0,09
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0,09
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0,09
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0,09
36607	CRACKER BARREL, steak fries	0,09
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0,09
11190	Cornsalad, raw	0,09
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0,09
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0,09
20006	Barley, pearled, cooked	0,09
11053	Beans, snap, green, cooked, boiled, drained, without salt	0,09
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0,09

NDB_No	Description	Alanine(g) Value Per
11723	Beans, snap, green, cooked, boiled, drained, with salt	0,09
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0,09
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0,09
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0,09
18322	Pie, mince, prepared from recipe	0,09
19400	Snacks, banana chips	0,09
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,09
09144	Jackfruit, raw	0,09
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,09
11116	Cabbage, chinese (pak-choi), raw	0,09
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0,09
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0,09
18309	Pie, cherry, prepared from recipe	0,09
03090	Babyfood, dinner, macaroni and cheese, junior	0,08
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0,08
11013	Asparagus, canned, regular pack, solids and liquids	0,08
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0,08
11707	Asparagus, canned, no salt added, solids and liquids	0,08
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0,08
18948	Pie crust, refrigerated, regular, unbaked	0,08
03197	Babyfood, cereal, with egg yolks, strained	0,08
03198	Babyfood, cereal, with egg yolks, junior	0,08
11052	Beans, snap, green, raw	0,08
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0,08
11489	Squash, winter, hubbard, raw	0,08
11722	Beans, snap, yellow, raw	0,08
09087	Dates, deglet noor	0,08
11060	Beans, snap, green, frozen, all styles, unprepared	0,08
11062	Beans, snap, green, frozen, all styles, microwaved	0,08
11730	Beans, snap, yellow, frozen, all styles, unprepared	0,08
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0,08
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0,08
09176	Mangos, raw	0,08
11028	Bamboo shoots, canned, drained solids	0,08
11291	Onions, spring or scallions (includes tops and bulb), raw	0,08
11670	Peppers, hot chili, green, raw	0,08

NDB_No	Description	Alanine(g) Value Per
11819	Peppers, hot chili, red, raw	0,08
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0,08
06068	Soup, vegetarian vegetable, canned, condensed	0,08
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0,08
08113	Cereals, farina, enriched, cooked with water, without salt	0,08
08173	Cereals, farina, enriched, cooked with water, with salt	0,08
11086	Beet greens, raw	0,08
11512	Sweet potato, canned, vacuum pack	0,08
06210	Soup, cream of celery, canned, prepared with equal volume milk	0,08
11356	Potatoes, Russet, flesh and skin, baked	0,08
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0,08
06253	Soup, cream of potato, canned, prepared with equal volume milk	0,08
09421	Dates, medjool	0,08
11128	Carrots, canned, regular pack, drained solids	0,08
11269	Mushrooms, shiitake, cooked, without salt	0,08
11569	Turnip greens, cooked, boiled, drained, without salt	0,08
11798	Mushrooms, shiitake, cooked, with salt	0,08
11891	Turnip greens, cooked, boiled, drained, with salt	0,08
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0,08
11507	Sweet potato, raw, unprepared	0,08
18302	Pie, apple, prepared from recipe	0,08
11671	Potatoes, o'brien, home-prepared	0,08
11674	Potatoes, baked, flesh and skin, without salt	0,08
11828	Potatoes, baked, flesh and skin, with salt	0,08
01052	Cream, fluid, light whipping	0,08
01074	Sour cream, imitation, cultured	0,08
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0,08
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0,08
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0,08
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0,08
06001	Soup, cream of asparagus, canned, condensed	0,07
06465	Soup, turkey noodle, canned, prepared with equal volume water	0,07
11246	Leeks, (bulb and lower leaf-portion), raw	0,07
11487	Squash, winter, butternut, frozen, unprepared	0,07
18313	Pie, coconut creme, commercially prepared	0,07
18944	Pie, Dutch Apple, Commercially Prepared	0,07

NDB_No	Description	Alanine(g) Value Per
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0,07
09314	Sapote, mamey, raw	0,07
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0,07
11278	Okra, raw	0,07
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0,07
11400	Potatoes, frozen, whole, unprepared	0,07
11518	Taro, raw	0,07
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0,07
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0,07
12203	Nuts, chestnuts, japanese, boiled and steamed	0,07
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0,07
04028	Salad dressing, mayonnaise, imitation, milk cream	0,07
11027	Bamboo shoots, cooked, boiled, drained, without salt	0,07
11712	Bamboo shoots, cooked, boiled, drained, with salt	0,07
11758	Carrots, canned, no salt added, solids and liquids	0,07
18308	Pie, cherry, commercially prepared	0,07
19924	Syrup, NESTLE, chocolate	0,07
21140	Side dishes, potato salad	0,07
03120	Babyfood, vegetables, corn, creamed, junior	0,07
06411	Soup, cheese, canned, prepared with equal volume water	0,07
09060	Carambola, (starfruit), raw	0,07
11259	Mountain yam, hawaii, cooked, steamed, without salt	0,07
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0,07
11390	Potatoes, hash brown, frozen, plain, unprepared	0,07
11927	Mountain yam, hawaii, cooked, steamed, with salt	0,07
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0,07
03119	Babyfood, vegetables, corn, creamed, strained	0,07
09205	Oranges, raw, with peel	0,07
11114	Cabbage, savoy, raw	0,07
11131	Carrots, frozen, cooked, boiled, drained, without salt	0,07
11358	Potatoes, red, flesh and skin, baked	0,07
11647	Sweet potato, canned, syrup pack, drained solids	0,07
11760	Carrots, frozen, cooked, boiled, drained, with salt	0,07
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,07
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,07
09247	Peaches, dried, sulfured, stewed, without added sugar	0,07

NDB_No	Description	Alanine(g) Value Per
11119	Cabbage, chinese (pe-tsai), raw	0,07
18323	Pie, peach	0,07
09021	Apricots, raw	0,07
09264	Persimmons, japanese, dried	0,07
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0,07
11279	Okra, cooked, boiled, drained, without salt	0,07
11301	Peas, edible-podded, boiled, drained, without salt	0,07
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0,07
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0,07
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0,07
11803	Okra, cooked, boiled, drained, with salt	0,07
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0,07
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0,07
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0,07
11510	Sweet potato, cooked, boiled, without skin	0,07
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0,07
09291	Plums, dried (prunes), uncooked	0,07
25036	Snacks, granola bites, mixed flavors	0,07
03934	Babyfood, corn and sweet potatoes, strained	0,06
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0,06
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0,06
11551	Tomato products, canned, sauce, with mushrooms	0,06
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0,06
27002	Soup, wonton, Chinese restaurant	0,06
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0,06
11357	Potatoes, white, flesh and skin, baked	0,06
09062	Cherimoya, raw	0,06
09248	Peaches, dried, sulfured, stewed, with added sugar	0,06
11081	Beets, cooked, boiled, drained	0,06
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0,06
11352	Potatoes, flesh and skin, raw	0,06
11475	Squash, summer, scallop, raw	0,06
11477	Squash, summer, zucchini, includes skin, raw	0,06
11555	Tomato products, canned, sauce, with herbs and cheese	0,06
11601	Yam, raw	0,06
11660	Tomatoes, red, ripe, cooked, stewed	0,06

NDB_No	Description	Alanine(g) Value Per
11734	Beets, cooked, boiled. drained, with salt	0,06
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0,06
03282	Babyfood, vegetables, mix vegetables junior	0,06
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0,06
06985	Gravy, HEINZ Home Style, savory beef	0,06
09259	Pears, dried, sulfured, uncooked	0,06
11130	Carrots, frozen, unprepared	0,06
11213	Endive, raw	0,06
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0,06
11490	Squash, winter, hubbard, baked, without salt	0,06
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0,06
11641	Squash, summer, all varieties, raw	0,06
11868	Squash, winter, hubbard, baked, with salt	0,06
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0,06
19240	Frostings, chocolate, creamy, dry mix	0,06
03108	Babyfood, vegetables, sweet potatoes strained	0,06
04025	Salad dressing, mayonnaise, regular	0,06
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0,06
06416	Soup, cream of chicken, canned, prepared with equal volume water	0,06
11280	Okra, frozen, unprepared	0,06
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0,06
11579	Vegetables, mixed, canned, solids and liquids	0,06
11602	Yam, cooked, boiled, drained, or baked, without salt	0,06
11643	Squash, winter, all varieties, raw	0,06
11657	Potatoes, mashed, home-prepared, whole milk added	0,06
11804	Okra, frozen, cooked, boiled, drained, with salt	0,06
11897	Yam, cooked, boiled, drained, or baked, with salt	0,06
18320	Pie, lemon meringue, commercially prepared	0,06
03091	Babyfood, vegetables, green beans, strained	0,06
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0,06
11080	Beets, raw	0,06
11363	Potatoes, baked, flesh, without salt	0,06
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0,06
11829	Potatoes, baked, flesh, with salt	0,06
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0,06
12116	Nuts, coconut cream, canned, sweetened	0,06

NDB_No	Description	Alanine(g) Value Per
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0,06
18301	Pie, apple, commercially prepared, enriched flour	0,06
18443	Pie, apple, commercially prepared, unenriched flour	0,06
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0,06
36028	DENNY'S, coleslaw	0,06
03109	Babyfood, vegetables, sweet potatoes, junior	0,06
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0,06
11281	Okra, frozen, cooked, boiled, drained, without salt	0,06
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0,06
11567	Turnips, frozen, cooked, boiled, drained, without salt	0,06
11890	Turnips, frozen, cooked, boiled, drained, with salt	0,06
09034	Apricots, dried, sulfured, stewed, with added sugar	0,06
09095	Figs, dried, stewed	0,06
11300	Peas, edible-podded, raw	0,06
11302	Peas, edible-podded, frozen, unprepared	0,06
11355	Potatoes, red, flesh and skin, raw	0,06
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0,06
11214	Escarole, cooked, boiled, drained, no salt added	0,06
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0,06
11428	Purslane, cooked, boiled, drained, without salt	0,06
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0,06
11849	Purslane, cooked, boiled, drained, with salt	0,06
18305	Pie, blueberry, commercially prepared	0,06
03092	Babyfood, vegetables, green beans, junior	0,06
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0,06
09201	Oranges, raw, California, valencias	0,06
11251	Lettuce, cos or romaine, raw	0,06
11253	Lettuce, green leaf, raw	0,06
01076	Milk substitutes, fluid, with lauric acid oil	0,06
11258	Mountain yam, hawaii, raw	0,06
11944	Pickle relish, hot dog	0,06
03098	Babyfood, vegetables, beets, strained	0,05
11250	Lettuce, butterhead (includes boston and bibb types), raw	0,05
11254	Lotus root, raw	0,05
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0,05
11481	Squash, summer, zucchini, italian style, canned	0,05

NDB_No	Description	Alanine(g) Value Per
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0,05
06169	Sauce, ready-to-serve, pepper, TABASCO	0,05
09148	Kiwifruit, green, raw	0,05
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0,05
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0,05
11888	Tomato products, canned, puree, with salt added	0,05
11932	Beans, snap, yellow, canned, regular pack, drained solids	0,05
11933	Beans, snap, yellow, canned, no salt added, drained solids	0,05
11964	Nopales, cooked, without salt	0,05
03286	Babyfood, vegetables, mix vegetables strained	0,05
11547	Tomato products, canned, puree, without salt added	0,05
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0,05
09277	Plantains, raw	0,05
11149	Chayote, fruit, raw	0,05
11209	Eggplant, raw	0,05
11257	Lettuce, red leaf, raw	0,05
11354	Potatoes, white, flesh and skin, raw	0,05
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0,05
11729	Beans, snap, green, canned, no salt added, drained solids	0,05
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0,05
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0,05
19364	Toppings, butterscotch or caramel	0,05
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0,05
21420	KFC, Coleslaw	0,05
03245	Babyfood, dessert, custard pudding, vanilla, strained	0,05
06158	Soup, tomato bisque, canned, condensed	0,05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0,05
09194	Olives, ripe, canned (jumbo-super colossal)	0,05
09200	Oranges, raw, all commercial varieties	0,05
11113	Cabbage, red, cooked, boiled, drained, without salt	0,05
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0,05
11752	Cabbage, red, cooked, boiled, drained, with salt	0,05
11963	Nopales, raw	0,05
19226	Frostings, chocolate, creamy, ready-to-eat	0,05
21416	POPEYES, Coleslaw	0,05
09078	Cranberries, raw	0,05

NDB_No	Description	Alanine(g) Value Per
11467	Squash, summer, crookneck and straightneck, raw	0,05
06010	Soup, cream of celery, canned, condensed	0,05
11056	Beans, snap, green, canned, regular pack, drained solids	0,05
11112	Cabbage, red, raw	0,05
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0,05
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0,05
11645	Sweet potato, canned, syrup pack, solids and liquids	0,05
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0,05
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0,05
11960	Carrots, baby, raw	0,05
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0,05
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0,05
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0,05
11483	Squash, winter, acorn, cooked, baked, without salt	0,05
11864	Squash, winter, acorn, cooked, baked, with salt	0,05
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	0,05
11553	Tomato products, canned, sauce, with onions	0,05
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0,05
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0,04
09089	Figs, raw	0,04
11649	Tomato products, canned, sauce, spanish style	0,04
11693	Tomatoes, crushed, canned	0,04
11943	Pimento, canned	0,04
03226	Babyfood, dessert, fruit pudding, orange, strained	0,04
09184	Melons, honeydew, raw	0,04
11337	Peppers, sweet, green, frozen, chopped, unprepared	0,04
11917	Peppers, sweet, red, frozen, chopped, unprepared	0,04
03994	Babyfood, fruit, banana and strawberry, junior	0,04
06053	Soup, cream of potato, canned, condensed	0,04
09193	Olives, ripe, canned (small-extra large)	0,04
11376	Potatoes, canned, drained solids	0,04
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0,04
11109	Cabbage, raw	0,04
11110	Cabbage, cooked, boiled, drained, without salt	0,04
11210	Eggplant, cooked, boiled, drained, without salt	0,04
11485	Squash, winter, butternut, raw	0,04

NDB_No	Description	Alanine(g) Value Per
11559	Tomato products, canned, sauce, with tomato tidbits	0,04
11659	Sweet potato, cooked, candied, home-prepared	0,04
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0,04
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0,04
11751	Cabbage, common, cooked, boiled, drained, with salt	0,04
11783	Eggplant, cooked, boiled, drained, with salt	0,04
03100	Babyfood, vegetables, carrots, junior	0,04
11549	Tomato products, canned, sauce	0,04
11951	Peppers, sweet, yellow, raw	0,04
03099	Babyfood, vegetables, carrots, strained	0,04
09040	Bananas, raw	0,04
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0,04
11566	Turnips, frozen, unprepared	0,04
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0,04
36025	CRACKER BARREL, coleslaw	0,04
01073	Dessert topping, semi solid, frozen	0,04
01114	Whey, sweet, fluid	0,04
06043	Soup, cream of mushroom, canned, condensed	0,04
09033	Apricots, dried, sulfured, stewed, without added sugar	0,04
09265	Persimmons, native, raw	0,04
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0,04
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0,04
09203	Oranges, raw, Florida	0,04
09238	Peaches, canned, juice pack, solids and liquids	0,04
09334	Feijoa, raw	0,04
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0,04
11134	Cassava, raw	0,04
11150	Chayote, fruit, cooked, boiled, drained, without salt	0,04
11283	Onions, cooked, boiled, drained, without salt	0,04
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0,04
11486	Squash, winter, butternut, cooked, baked, without salt	0,04
11632	Peppers, jalapeno, canned, solids and liquids	0,04
11766	Chayote, fruit, cooked, boiled, drained, with salt	0,04
11805	Onions, cooked, boiled, drained, with salt	0,04
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0,04
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0,04

NDB_No	Description	Alanine(g) Value Per
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0,04
11866	Squash, winter, butternut, cooked, baked, with salt	0,04
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0,04
09250	Peaches, frozen, sliced, sweetened	0,04
11054	Beans, snap, green, canned, regular pack, solids and liquids	0,04
11145	Celtuce, raw	0,04
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0,04
11374	Potatoes, canned, solids and liquids	0,04
11644	Squash, winter, all varieties, cooked, baked, without salt	0,04
11726	Beans, snap, green, canned, no salt added, solids and liquids	0,04
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0,04
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0,04
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0,04
11863	Squash, winter, all varieties, cooked, baked, with salt	0,04
12119	Nuts, coconut water (liquid from coconuts)	0,04
19297	Jams and preserves	0,04
43217	Tomato sauce, canned, no salt added	0,04
01107	Milk, human, mature, fluid	0,04
04018	Salad dressing, mayonnaise type, regular, with salt	0,04
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0,04
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,04
11333	Peppers, sweet, green, raw	0,04
11759	Carrots, canned, no salt added, drained solids	0,04
09022	Apricots, canned, water pack, with skin, solids and liquids	0,04
11564	Turnips, raw	0,04
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0,03
09023	Apricots, canned, water pack, without skin, solids and liquids	0,03
09035	Apricots, frozen, sweetened	0,03
11084	Beets, canned, drained solids	0,03
11105	Burdock root, cooked, boiled, drained, without salt	0,03
11527	Tomatoes, green, raw	0,03
11637	Radishes, white icicle, raw	0,03
11747	Burdock root, cooked, boiled, drained, with salt	0,03
36021	APPLEBEE'S, coleslaw	0,03
01112	Whey, acid, fluid	0,03
09011	Apples, dried, sulfured, uncooked	0,03

NDB_No	Description	Alanine(g) Value Per
09219	Tangerines, (mandarin oranges), canned, juice pack	0,03
09266	Pineapple, raw, all varieties	0,03
09316	Strawberries, raw	0,03
11126	Carrots, canned, regular pack, solids and liquids	0,03
11255	Lotus root, cooked, boiled, drained, without salt	0,03
11335	Peppers, sweet, green, canned, solids and liquids	0,03
11339	Peppers, sweet, green, sauteed	0,03
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0,03
11482	Squash, winter, acorn, raw	0,03
11695	Tomatoes, orange, raw	0,03
11796	Lotus root, cooked, boiled, drained, with salt	0,03
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0,03
11916	Peppers, sweet, red, canned, solids and liquids	0,03
11935	Catsup	0,03
11949	Catsup, low sodium	0,03
11981	Peppers, hungarian, raw	0,03
01205	Cream substitute, flavored, liquid	0,03
01206	Cream substitute, flavored, powdered	0,03
09202	Oranges, raw, navels	0,03
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0,03
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0,03
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0,03
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0,03
01072	Dessert topping, pressurized	0,03
09024	Apricots, canned, juice pack, with skin, solids and liquids	0,03
09050	Blueberries, raw	0,03
09278	Plantains, cooked	0,03
11206	Cucumber, peeled, raw	0,03
11216	Ginger root, raw	0,03
11424	Pumpkin, canned, without salt	0,03
11426	Pumpkin pie mix, canned	0,03
11605	Beets, harvard, canned, solids and liquids	0,03
11846	Pumpkin, canned, with salt	0,03
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0,03
09088	Elderberries, raw	0,03
09260	Pears, dried, sulfured, stewed, without added sugar	0,03

NDB_No	Description	Alanine(g) Value Per
11082	Beets, canned, regular pack, solids and liquids	0,03
11439	Sauerkraut, canned, solids and liquids	0,03
11530	Tomatoes, red, ripe, cooked	0,03
11609	Beets, pickled, canned, solids and liquids	0,03
11735	Beets, canned, no salt added, solids and liquids	0,03
11884	Tomatoes, red, ripe, cooked, with salt	0,03
11980	Peppers, chili, green, canned	0,03
27000	Soup, egg drop, Chinese restaurant	0,03
01001	Butter, salted	0,03
01002	Butter, whipped, with salt	0,03
01145	Butter, without salt	0,03
03995	Babyfood, banana with mixed berries, strained	0,03
04073	Margarine, regular, hard, soybean (hydrogenated)	0,03
09140	Guavas, strawberry, raw	0,03
09261	Pears, dried, sulfured, stewed, with added sugar	0,03
09263	Persimmons, japanese, raw	0,03
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0,03
11578	Vegetable juice cocktail, canned	0,03
09052	Blueberries, canned, heavy syrup, solids and liquids	0,03
09117	Grapefruit, raw, white, California	0,03
09218	Tangerines, (mandarin oranges), raw	0,03
09236	Peaches, yellow, raw	0,03
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0,03
09279	Plums, raw	0,03
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0,03
11422	Pumpkin, raw	0,03
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0,03
11585	Vegetable juice cocktail, low sodium, canned	0,03
11696	Tomatoes, yellow, raw	0,03
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0,03
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0,03
09240	Peaches, canned, light syrup pack, solids and liquids	0,03
09241	Peaches, canned, heavy syrup pack, solids and liquids	0,03
09320	Strawberries, frozen, sweetened, sliced	0,03
11144	Celery, cooked, boiled, drained, without salt	0,03
11529	Tomatoes, red, ripe, raw, year round average	0,03

NDB_No	Description	Alanine(g) Value Per
11533	Tomatoes, red, ripe, canned, stewed	0,03
11565	Turnips, cooked, boiled, drained, without salt	0,03
11764	Celery, cooked, boiled, drained, with salt	0,03
11889	Turnips, cooked, boiled, drained, with salt	0,03
11921	Peppers, sweet, red, sauteed	0,03
04020	Salad dressing, french dressing, reduced fat	0,03
06558	Soup, tomato bisque, canned, prepared with equal volume water	0,03
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0,03
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0,03
09070	Cherries, sweet, raw	0,03
09131	Grapes, american type (slip skin), raw	0,03
09237	Peaches, canned, water pack, solids and liquids	0,03
09319	Strawberries, frozen, sweetened, whole	0,03
11429	Radishes, raw	0,03
11821	Peppers, sweet, red, raw	0,03
11886	Tomato juice, canned, without salt added	0,03
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0,03
14054	Beverages, almond milk, chocolate, ready-to-drink	0,03
04022	Salad dressing, russian dressing, low calorie	0,02
06410	Soup, cream of celery, canned, prepared with equal volume water	0,02
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0,02
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0,02
11104	Burdock root, raw	0,02
11252	Lettuce, iceberg (includes crisphead types), raw	0,02
11289	Onions, frozen, whole, unprepared	0,02
11492	Squash, winter, spaghetti, raw	0,02
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0,02
11519	Taro, cooked, without salt	0,02
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0,02
11878	Taro, cooked, with salt	0,02
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0,02
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0,02
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0,02
09090	Figs, canned, water pack, solids and liquids	0,02
09091	Figs, canned, light syrup pack, solids and liquids	0,02
09112	Grapefruit, raw, pink and red, all areas	0,02

NDB_No	Description	Alanine(g) Value Per
09160	Lime juice, raw	0,02
09174	Loquats, raw	0,02
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0,02
09239	Peaches, canned, extra light syrup, solids and liquids	0,02
11205	Cucumber, with peel, raw	0,02
09092	Figs, canned, heavy syrup pack, solids and liquids	0,02
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0,02
11143	Celery, raw	0,02
11285	Onions, canned, solids and liquids	0,02
04641	Salad dressing, mayonnaise, light	0,02
06453	Soup, cream of potato, canned, prepared with equal volume water	0,02
09116	Grapefruit, raw, white, all areas	0,02
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,02
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0,02
09267	Pineapple, canned, water pack, solids and liquids	0,02
11287	Onions, frozen, chopped, unprepared	0,02
11958	Pickle relish, hamburger	0,02
06168	Sauce, ready-to-serve, pepper or hot	0,02
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0,02
09268	Pineapple, canned, juice pack, solids and liquids	0,02
09318	Strawberries, frozen, unsweetened	0,02
11282	Onions, raw	0,02
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,02
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,02
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0,02
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,02
11937	Pickles, cucumber, dill or kosher dill	0,02
11947	Pickles, cucumber, dill, reduced sodium	0,02
09111	Grapefruit, raw, pink and red and white, all areas	0,02
09118	Grapefruit, raw, white, Florida	0,02
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0,02
11286	Onions, yellow, sauteed	0,02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,02
11423	Pumpkin, cooked, boiled, drained, without salt	0,02
11603	Yambean (jicama), raw	0,02
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0,02

NDB_No	Description	Alanine(g) Value Per
11845	Pumpkin, cooked, boiled, drained, with salt	0,02
09282	Plums, canned, purple, juice pack, solids and liquids	0,02
11430	Radishes, oriental, raw	0,02
19206	Puddings, vanilla, dry mix, regular	0,02
19244	Frostings, vanilla, creamy, dry mix	0,02
19710	Puddings, vanilla, dry mix, regular, with added oil	0,02
20027	Cornstarch	0,02
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0,02
09054	Blueberries, frozen, unsweetened	0,02
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,02
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0,02
09209	Orange juice, chilled, includes from concentrate	0,02
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,02
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,02
09269	Pineapple, canned, light syrup pack, solids and liquids	0,02
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0,02
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0,02
09272	Pineapple, frozen, chunks, sweetened	0,02
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,02
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0,02
09055	Blueberries, frozen, sweetened	0,02
09114	Grapefruit, raw, pink and red, Florida	0,02
09191	Nectarines, raw	0,02
09326	Watermelon, raw	0,02
09340	Pears, asian, raw	0,02
11294	Onions, sweet, raw	0,02
09113	Grapefruit, raw, pink and red, California and Arizona	0,02
09143	Guava sauce, cooked	0,02
09370	Peaches, canned, heavy syrup, drained	0,02
09415	Pears, raw, green anjou	0,02
19303	Marmalade, orange	0,02
09206	Orange juice, raw	0,02
09207	Orange juice, canned, unsweetened	0,02
09412	Pears, raw, bartlett	0,02
09077	Crabapples, raw	0,01
09226	Papayas, raw	0,01

NDB_No	Description	Alanine(g) Value Per
09252	Pears, raw	0,01
09281	Plums, canned, purple, water pack, solids and liquids	0,01
09283	Plums, canned, purple, light syrup pack, solids and liquids	0,01
09313	Sapodilla, raw	0,01
20003	Arrowroot flour	0,01
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0,01
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0,01
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0,01
09414	Pears, raw, bosc	0,01
11945	Pickle relish, sweet	0,01
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0,01
19314	Pie fillings, canned, cherry	0,01
04120	Salad dressing, french dressing, commercial, regular	0,01
09004	Apples, raw, without skin	0,01
09413	Pears, raw, red anjou	0,01
09500	Apples, raw, red delicious, with skin	0,01
09501	Apples, raw, golden delicious, with skin	0,01
14003	Alcoholic beverage, beer, regular, all	0,01
09003	Apples, raw, with skin	0,01
09221	Tangerine juice, raw	0,01
09223	Tangerine juice, canned, sweetened	0,01
09254	Pears, canned, juice pack, solids and liquids	0,01
11941	Pickles, cucumber, sour	0,01
11946	Pickles, cucumber, sour, low sodium	0,01
14187	Beverages, Clam and tomato juice, canned	0,01
01003	Butter oil, anhydrous	0,01
04021	Salad dressing, italian dressing, commercial, reduced fat	0,01
09006	Apples, raw, without skin, cooked, microwave	0,01
09010	Apples, dehydrated (low moisture), sulfured, stewed	0,01
09014	Apples, frozen, unsweetened, unheated	0,01
09015	Apples, frozen, unsweetened, heated	0,01
09255	Pears, canned, extra light syrup pack, solids and liquids	0,01
14006	Alcoholic beverage, beer, light	0,01
04114	Salad dressing, italian dressing, commercial, regular	0,01
09012	Apples, dried, sulfured, stewed, without added sugar	0,01
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,01

NDB_No	Description	Alanine(g) Value Per
03221	Babyfood, dessert, dutch apple, junior	0,01
09008	Apples, canned, sweetened, sliced, drained, heated	0,01
09013	Apples, dried, sulfured, stewed, with added sugar	0,01
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,01
09257	Pears, canned, heavy syrup pack, solids and liquids	0,01
09402	Applesauce, canned, sweetened, with salt	0,01
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0,01
09007	Apples, canned, sweetened, sliced, drained, unheated	0,01
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,01
09253	Pears, canned, water pack, solids and liquids	0,01
09256	Pears, canned, light syrup pack, solids and liquids	0,01
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0,01
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,01
19198	Puddings, tapioca, dry mix	0,01
19296	Honey	0,01
19709	Puddings, tapioca, dry mix, with no added salt	0,01
15162	Mollusks, clam, mixed species, canned, liquid	0,00
20068	Tapioca, pearl, dry	0,00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0,00
19332	Puddings, lemon, dry mix, regular	0,00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0,00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0,00
14209	Beverages, coffee, brewed, prepared with tap water	0,00
19320	Puddings, banana, dry mix, regular	0,00
19706	Puddings, banana, dry mix, regular, with added oil	0,00
02047	Salt, table	0,00
02048	Vinegar, cider	0,00
03001	Babyfood, juice treats, fruit medley, toddler	0,00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0,00
04001	Fat, beef tallow	0,00
04002	Lard	0,00
04016	Salad dressing, sesame seed dressing, regular	0,00
04017	Salad dressing, thousand island, commercial, regular	0,00
04023	Salad dressing, thousand island dressing, reduced fat	0,00
04027	Salad dressing, mayonnaise, imitation, soybean	0,00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0,00

NDB_No	Description	Alanine(g) Value Per
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0,00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0,00
04037	Oil, rice bran	0,00
04038	Oil, wheat germ	0,00
04042	Oil, peanut, salad or cooking	0,00
04044	Oil, soybean, salad or cooking	0,00
04047	Oil, coconut	0,00
04053	Oil, olive, salad or cooking	0,00
04055	Oil, palm	0,00
04058	Oil, sesame, salad or cooking	0,00
04060	Oil, sunflower, linoleic (less than 60%)	0,00
04133	Salad dressing, french, home recipe	0,00
04135	Salad dressing, home recipe, vinegar and oil	0,00
04501	Oil, cocoa butter	0,00
04502	Oil, cottonseed, salad or cooking	0,00
04506	Oil, sunflower, linoleic, (approx. 65%)	0,00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0,00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0,00
04513	Vegetable oil, palm kernel	0,00
04514	Oil, poppyseed	0,00
04515	Oil, tomatoseed	0,00
04516	Oil, teaseed	0,00
04517	Oil, grapeseed	0,00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0,00
04520	Fat, mutton tallow	0,00
04528	Oil, walnut	0,00
04529	Oil, almond	0,00
04530	Oil, apricot kernel	0,00
04532	Oil, hazelnut	0,00
04534	Oil, babassu	0,00
04536	Oil, sheanut	0,00
04541	Oil, cupu assu	0,00
04542	Fat, chicken	0,00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0,00
04544	Shortening, household, lard and vegetable oil	0,00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0,00

NDB_No	Description	Alanine(g) Value Per
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0,00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0,00
04549	Shortening industrial, lard and vegetable oil	0,00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0,00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0,00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0,00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0,00
04559	Shortening household soybean (hydrogenated) and palm	0,00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0,00
04570	Shortening, confectionery, fractionated palm	0,00
04572	Oil, nutmeg butter	0,00
04573	Oil, ucuhuba butter	0,00
04574	Fat, duck	0,00
04575	Fat, turkey	0,00
04576	Fat, goose	0,00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0,00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0,00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0,00
04650	Oil, industrial, soy, refined, for woks and light frying	0,00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0,00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0,00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0,00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0,00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0,00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0,00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0,00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0,00
04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	0,00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0,00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0,00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0,00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0,00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0,00
14034	Alcoholic beverage, creme de menthe, 72 proof	0,00

NDB_No	Description	Alanine(g) Value Per
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0,00
14049	Alcoholic beverage, distilled, gin, 90 proof	0,00
14050	Alcoholic beverage, distilled, rum, 80 proof	0,00
14051	Alcoholic beverage, distilled, vodka, 80 proof	0,00
14121	Beverages, carbonated, club soda	0,00
14130	Carbonated beverage, cream soda	0,00
14142	Beverages, carbonated, grape soda	0,00
14150	Beverages, carbonated, orange	0,00
14153	Beverages, carbonated, pepper-type, contains caffeine	0,00
14155	Beverages, carbonated, tonic water	0,00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0,00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	0,00
14384	Beverages, water, bottled, PERRIER	0,00
14385	Beverages, water, bottled, POLAND SPRING	0,00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0,00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0,00
14544	Beverages, tea, black, brewed, prepared with distilled water	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0,00
19018	Fruit syrup	0,00
19228	Frostings, cream cheese-flavor, ready-to-eat	0,00
19330	Puddings, lemon, dry mix, instant	0,00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0,00